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SHAKERITE

SHAKER HEIGHTS HIGH SCHOOL · 15911 ALDERSYDE DRIVE · SHAKER HEIGHTS, OHIO 44120

Halls and classrooms to face tighter squeeze

Science classes lack lab space, enrollment projections show little hope for relief of crowding

BY LISA SAMOLS
Staff Reporter

Projected enrollment for the 1998-99 school year will exceed this year's by 76 students, forcing Shaker into an even tighter crunch for space.

As many people have noticed, Shaker is a crowded school. Hallways resemble rush-hour highways, stairwells take forever to climb or descend and some classrooms are overflowing with students.

Contributing to the increase are students who have been held back a grade. A policy of social promotion until the ninth grade results in some freshman failing to adjust to the rigors of the high school curriculum, thus prolonging their high school careers and exacerbating the enrollment crunch. Tight classroom space is a major concern for a faculty committee considering remedial courses for entering freshmen who have failed at least one core subject in the eighth grade.

Shaker utilizes 96 classrooms throughout the year, and as many as 90 classrooms are occupied at one time during the day.

Many classrooms are suitable only for specialized courses, such as the photography and the band rooms. This raises the question of where to put three classrooms-worth of new students next year.

The science department will feel the biggest squeeze from this population boost.

"We plan to use 100 percent of the science rooms," Chair of Curriculum and Instruction William Newby said.

However, even that may not be enough to house the 1,497 science students enrolled in science classes next year.

"We have to use at least one classroom that is not a designated science room," science department head Roderick MacLeod said.

One of these classrooms will be the planetarium, which is often used for elementary school programs. According to MacLeod, this will cause many problems in scheduling activities with Shaker's younger students.

Increased enrollment will force some science classes into rooms not designated for the subject. Lab courses may have to be taught in non-lab classrooms, and students will have to switch with other classes when lab facilities are needed.

Currently, one physical science class is dealing with this situation. Science teacher William Scanlon instructs his freshman class in an old computer lab and must switch classrooms with science teacher Fred Welty when Scanlon's class needs lab space.

"With chemistry, it definitely comes into play," Scanlon said of room assignments. "You can't do a chemistry lab without gas and water and chemicals."

MacLeod commented on the former computer labs' lack of materials for classroom demonstrations.

"The classroom doesn't have the visual references needed," MacLeod said.

Scanlon said this prevents students from learning as much as they could in a regular physical science classroom.

"Because you don't have the equipment in there, there are times when the students suffer," Scanlon said.

Tristan Cullis, a freshman in one of Scanlon's classes in the computer lab agreed.

"We can't do any labs," Cullis said. "We have to switch classrooms. It's inconvenient."

According to MacLeod, if the problem persists the science department will ask for some changes, including changing the schedule, making other rooms into science labs and even building a separate building just for science classes.

However, increased enrollment is a boon to other departments, such as the theater department.

"For the first time in many years we have a pretty stable amount of students to have acting and stagecraft and design, which [are classes] we have not had in years," Newby said.

The large number of new freshmen coming in and renewed interest in the theater department's programs has led to the creation of another playwriting class, a new acting class, stagecraft and another junior ensemble class.

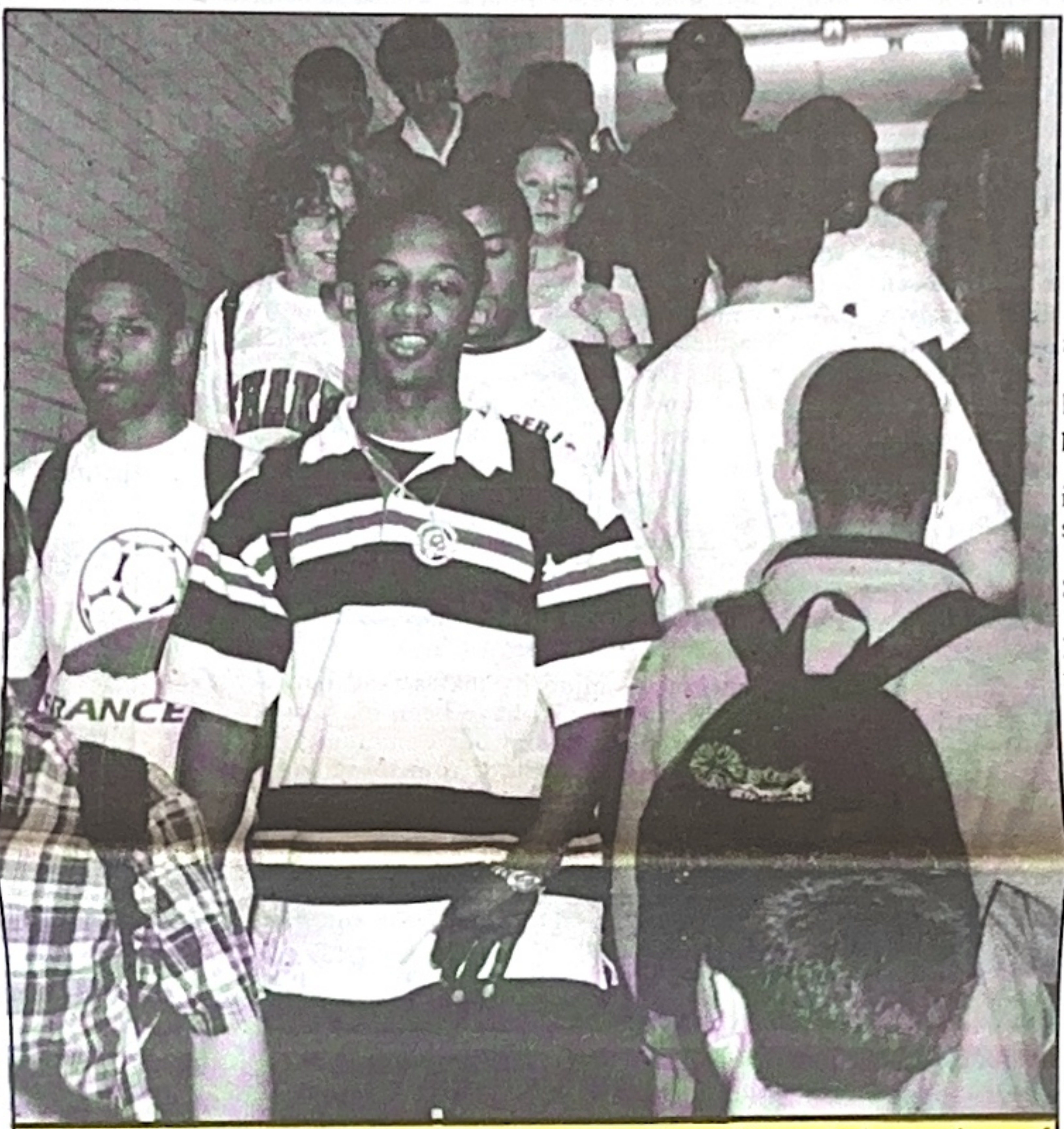
"It's a nice problem," theater department head James Thornton said. "We're happy for the increase."

Though the 90 newly enrolled theater students helped create these new classes, Thornton said the main reason for the increased interest is the teachers of two of the new classes, Ned Galloway in playwriting and Chuck Tisdale in stagecraft.

"I think there's always been a lot of kids interested [in stagecraft]," Tisdale said. "By having a meeting once a week, I've given them someplace to go."

And what of the overcrowded hallways? What will happen when 76 more people join the inter-class commute, flooding the halls between bells?

"We haven't reached a saturation point yet," security guard Cheryl Jennings said. "It all depends on how those 76 behave."



YOU THINK THIS IS CROWDED? You ain't seen nothing yet. As numbers of students at the high school increase, hallway traffic becomes even more dense.

School year:	1998	1999	2001	2003	2005
Projected size of senior class:	*340*	*381*	*399*	*402*	*425*

Shakerite photo by Grace Fuller

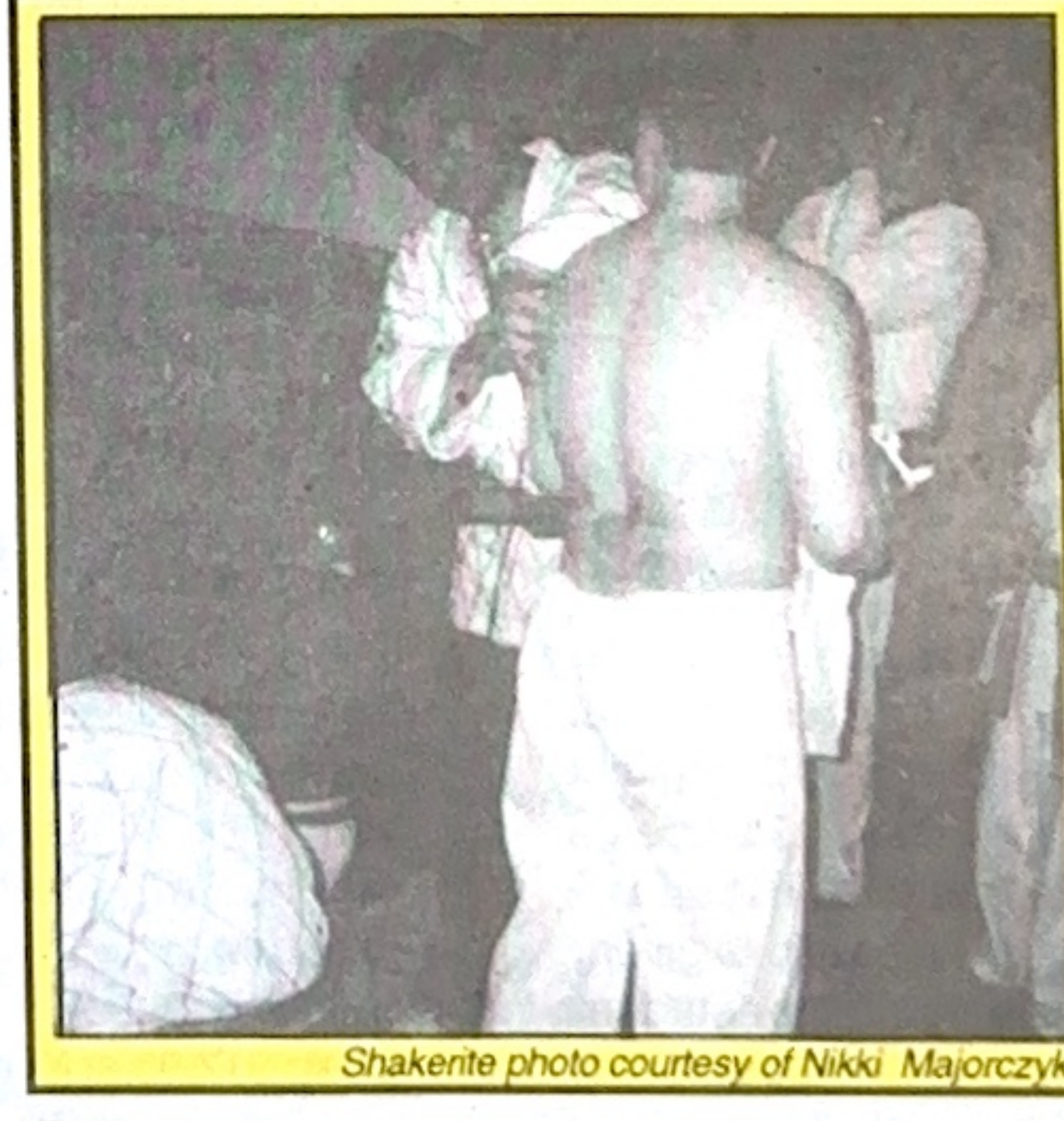
Shakerite photo by Grace Fuller

GET SMART ABOUT BODY ART...

See if you can recognize any of these tattoos which have turned up on Shaker students' skin.

Just hope their parents aren't looking!

PAGE 13



Shakerite photo courtesy of Nikki Majorczyk

HINKERING WITH HOLISTIC HEALTH...

Centerpiece editor Najah Farley takes an in-depth look at the latest trends in alternative therapies.

Flip to find out the extensive benefits of vitamins, herbs and massage.

PAGES 8 & 9

Students place among area's best in National Spanish Exam

Thirty-four Spanish students were recognized for their placement in the National Spanish Exam. Placing in the top five for second through fifth year levels: Joshua Wiznitzer, Jaime Streem, Emily Ackerman, Alan Murphy, Zachary Davis, Peter Morgenstern, Carolyn Shook, David Roth, Erik Johnson, Briana Hensold, Catherine Riffo, Felipe Amunategui and Emily Shook. Maria Paula de Leon and Hernan de Leon placed first in the fifth-year bilingual native test.

Alleged prom restrictions just rumors

BY ANNA DALEY
Staff Reporter

Rumors are flying about alleged prom restrictions. Seniors have speculated on everything from dress code to same-sex date restrictions.

"You know what is so terrible? I heard that all couples had to be boy-girl. That means all the foreign exchange students will not be able to come with their hosts."

"I cannot believe it! There are dress restrictions this year. That is so unfair. Who are they to tell us what we can and cannot wear?"

These types of comments have been heard in the halls and have resulted in widespread panic over prom. Supposed prom restrictions included no buying of tickets for someone of the same gender and a dress code prohibiting backless dresses or dresses with slits above the knee.

Unit principal Ovella Roulette-McIntyre expressed surprise at the rumors of prom restrictions. She was approached by angry students with questions about the new rules. She said there has never been any same-sex restrictions or dress code as long as she has worked at Shaker.

"There are no same-sex date restrictions, and there are no clothing restrictions. Absolutely none. Nothing official was announced and nothing was sent out to parents, so obviously there are no restrictions," McIntyre said.

Where the story of the supposed retristrictions started is unclear. Students have been talking about them for months – talking so long is seems that no one remembers where they heard things in the first place.

"I am not sure where the rumor started. I heard it from a junior who heard from an exchange student who heard it from her host," senior Christina Krivanek said.

The actual prom information can also be found on the student calendar: prom runs from 9 p.m. to 1 a.m. at the Crawford Auto Museum. Tickets cost $40, and while only seniors can purchase tickets, seniors can take dates from any class and school. The theme for this year's prom is New York, New York; the colors are silver, black and white.

Prom night does not end there. This year's AfterProm offers a mock casino, money, music and food from 1-5 a.m. The theme is Mardi Gras, and it will be held at the Mandel JCC. Tickets are $15.

"All I know is that it would have been really unfair if the rumors were true," senior Jamie Delman said.

Newsweek ranks Shaker's AP participation

Rumbaugh addresses inaccuracies of article

BY MEGAN KORTEMEYER
Staff Reporter

The high school and one of its most innovative groups, the Minority Achievement Committee (MAC) Scholars, received national publicity recently from *Newsweek* magazine. However, most of the publicity received was based on inaccuracies.

"We were thrilled and flattered to be in *Newsweek*, but it is disgusting to me that they printed wrong information. It's like what was the point of coming if everything was going to be wrong?" MAC senior Faisal Khan said.

Shaker was listed as one of the top 100 public schools in the nation based on the number of students who have taken AP tests. Shaker was ranked 56th. Last year 84 percent of Shaker test-takers passed.

The article mentioned the MAC scholars and featured a group photograph. The story said the club's purpose is to "set [students] to work persuading ninth and 10th graders to get ready for AP classes."

It also stated that principal A. Jack Rumbaugh created this "club for high-achieving black students." But this is all wrong, according to academic adviser Mary Lynne McGovern who has been the MAC advisor since 1990.

"We don't discourage [the scholars] from taking AP and honors classes, but that is not our main goal. Our goal is to get bright ninth and 10th grade students who are not achieving up to their ability to improve," she said.

Following the *Newsweek* article, Rumbaugh wrote a letter to both *The Sun Press* and *Newsweek* informing them of the mistakes made.

"It is true that many of our MAC Scholars have elected the greater challenge of AP courses, but it is in their reaching out to fellow minority males that their achievements have been most noteworthy and that our community has most benefited from their dedication," Rumbaugh stated.

Eighteen MAC Scholars are participating this year, which is one of the larger MAC groups. Twelve seniors will graduate this year. The group meets twice a month to discuss goals for the year and to schedule one or two retreats.

"To become a potential MAC Scholar you are recommended by a teacher in eighth grade and are then interviewed by one of the existing scholars," McGovern said.

McGovern has overseen the program from the beginning, along with the faculty advisory committee, consisting of psychology teacher Baird Wiehe, health teacher Hubert McIntyre and retired reading teacher Michael Nash.

MAC has spawned other similar programs at Shaw and Bedford high schools, and one in Oak Park, Il.

Preparation spells SAT, ACT success

Information compiled by Chuck Sackman

Princeton Review

Classes start: April 24, also summer sessions
Length: Six weeks (42 hours)
Content: Four full-length practice exams, strategy
Class size: Fewer than 12 students
Guarantee: If student's score does not improve by at least 100 points, next class is free; average of 140 point increase per student
Cost: $745

Townsend (Shaker Rec)

Classes start: June 23 or July 28
Length: Six hours a week for three weeks
Content: Sample tests, strategies and vocabulary review
Class size: Ten to 12 students
Guarantee: None, but average increase of 110 points per student
Cost: $259

Kaplan

Classes start: April 19, also summer sessions
Length: 12 classes of three hours each
Content: Diagnostic, midterm and final test
Class size: Fewer than 15 students
Guarantee: If a student does not understand material one-to-one help is given; average of 115 point increase per student
Cost: $595

10 Real SATs (book)

This is a **review book** published by The College Board with 260 pages of math and verbal review and strategy plus 10 real SAT tests from 1994-97. It also comes with "One-on-one with the SAT," a test preparation **computer program.**

Cost: $17.95 at Borders Books and Music

NEWS BRIEFS

Danko joins security force

Michelle Danko, Shaker's newest security guard has travelled a very interesting road to the high school.

After graduating from an area high school, Danko went to Tri-C. She left school early to enter the armed forces. Her parents were in the Air Force, so she tried joining but was rejected.

"[The recruiter] did not think that women should do the job that I wanted to do," she said.

She entered the Navy and had a job transferring missiles, tomahawks and other weapons. She was one of 11 women to hold this position.

While stationed in Italy, Danko played volleyball. Four years later at age 23, she has travelled much of Europe and made close friends.

This fall she will begin classes at Akron University to obtain a degree in law enforcement. She hopes to join the Shaker Heights Police Department.

Security guard Karen Wilson appreciates Danko.

"The kids respect her, and I could not have a better partner," Wilson said.

– Nikki Majorczyk

Peer mediation team started

Following the successful initiatives at Shaker elementary schools, a peer mediation group has been established to address the problems of high school students.

"We started training two months ago and have been meeting once a month. There have not been any mediation sessions yet, but when it starts, we should be called once or twice a month to mediate," sophomore Mike Hood said.

During these training sessions, students learned many valuable skills. All participants were paid $40 to participate in the training. Once through with the training, all time spent on mediation are counted as community service.

Students were taught to talk as a neutral third party and get all of the information about the situation from both sides of the story. They must then come up with helpful solutions with the ultimate goal being to get both parties to agree on a compromise and be on a hi/bye basis.

Lisa Locklear, adviser to the group, picked 24 students for mediation on the basis of participation, grades and other criteria.

– Brandon Dorsky and Ethan Zinn

Review board approves more senior projects

The addition of three seniors to the senior project review committee last year benefited more seniors this year. There were fewer project rejections this year.

The review committee, comprised of government teachers Sarah Davis and Baird Wiehe and unit principal Ovella Roulette-McIntyre, met with seniors Lauren Gentile, Shana Heilbron and Ricardo Spicer for just over an hour one afternoon to go over approximately 25 projects.

"We showed them the ones we had questions on. We did not know the student, and something sounded questionable to us," Davis said.

Heilbron said the seniors were able to provide insight into the "iffy" projects.

"[We] could back up where students were coming from with the projects that teachers were not sure about," Heilbron said.

Approximately 30 to 40 projects were returned to seniors for more details or a better sponsor.

"We are looking for specifics that [seniors] are actually going to accomplish," Wiehe said.

Senior Matt Keay had initial problems with his project to write movie reviews but was later approved.

"They thought it was not specific enough – that it was a joke," he said.

According to Wiehe, approximately 325 seniors applied for projects, and 255 were approved. He said he suspects that 280 students will go on project.

The other 45 seniors will not go on project because of poor grades, attendance or discipline problems.

"It is not the fault of the review board that their project is not being passed," Heilbron emphasized.

– David Distelhorst

House, Senate candidates speak to students

BY TOBY BULLOFF
News Editor

Candidates running for Louis Stokes' 11th district seat in the U.S. House of Representatives and candidates running for Judy Sheerer's 25th district Senate seat visited the high school April 13. This panel discussion of both Republicans and Democrats was the first combined group to visit Shaker.

Republicans James Herford and Robert Saffold and Democrats Dale Blanchard, Jeffrey Johnson, Stephanie Tubbs Jones and Reverend Marvin McMickle spoke about the House race to students.

Herford said he supported a national sales tax and elimination of the IRS. He was also in favor of the current Cleveland Public School voucher system. Herford supported the privatization of social security when asked his opinion by senior Cat Zilka.

Saffold, who encouraged students to call him "Brother Bob," said he agreed 99 percent with Herford. "Amen to that!" was his response after Herford finished speaking. He hopes for greater economic development and is a lobbyist for the Minorities Contractors Association for business legislation. Saffold suggested raising the minimum wage to $7.50 per hour when asked by senior Tomesha Elam. He warned of the dangers of lead in paint when asked about his concern for the environment by senior Erik Johnson.

> ***It gave me, as a new voter, somewhere to start. I thought it was important, and I appreciated that we had a full panel – views from everywhere. The candidates showed their character."***
> ***– senior Tomesha Elam***

Democrat Blanchard, a CPA, believes economic growth is the biggest issue facing the House. He hopes to expand the tax base and improve marketable skills of workers if elected to office. When asked about social security, Blanchard said Americans should start saving their money earlier and rely less on pensions.

Senator Johnson focused on paying for higher education and making scholarships and grants more accessible. He also wants to improve school buildings and facilities. He noted he is the only candidate with legislative experience and has spent the last eight years in Senate. Johnson's campaign manager is a Shaker graduate. When asked about his environmental concerns, Johnson talked about inner-city degradation and toxic dumping.

Cuyahoga County Prosecutor Tubbs Jones is endorsed by the Democratic party and Shaker Heights Mayor Patricia Mearns. She would like to improve safe neighborhoods and environmental conditions. Tubbs Jones said the government surplus should be used for social security to avoid raising taxes.

Lastly, McMickle asked students to commit to a career in public service and stressed his own involvement in the community. He said the possible increase of minimum wage should not be students' concern; rather, students should increase their skills and energy for jobs.

Kate Euler spoke at the afternoon assembly even though she was a write-in candidate for the House. She talked about the dangers of urban sprawl and her involvement in a pro-life, anti-death penalty organization.

Students also had the opportunity to ask Senate candidates questions during the afternoon assembly.

Senate candidates Democrats Eric Fingerhut and Thaddeus Jackson and Republican Georgine Welo explained their positions on issues.

Fingerhut tailored his comments for students. He said he would like to bridge the gap in educational disparities among Cleveland schools, and he supports Issues 1 and 2. He hopes to further enforce gun regulations on minors, increase health insurance for children and expand the number and quality of childcare centers. Like McMickle, Fingerhut stressed making a committment to public service.

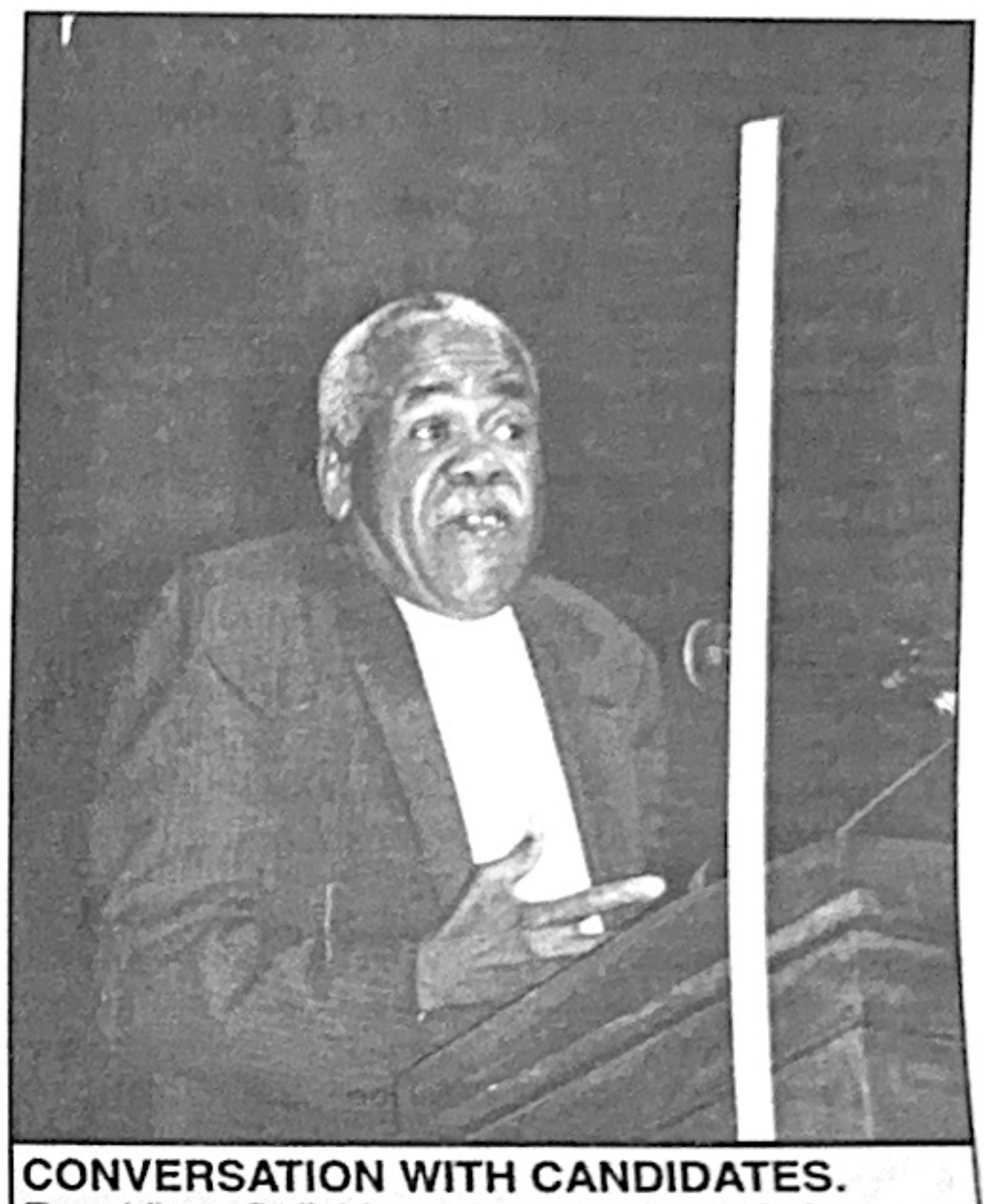
Jackson favors prison and welfare reform. He wants to give people job training and counseling instead of welfare checks. Jackson is a former Cleveland public school teacher and was Jesse Jackson's campaign coordinator for Cuyahoga county.

Welo talked extensively about acquiring absentee ballots, the deregulation of electricity and care for senior citizens. She also mentioned her local school district's failure to pass levies.

Many students said they appreciated the information of each candidate, not to mention missing third and ninth periods.

"It gave me, as a new voter, somewhere to start. I thought it was important, and I appreciated that we had a full panel – views from everywhere," senior Tomesha Elam said.

However, she said she was upset when candidates avoided answering certain questions. She also thought Senator Johnson belittled his colleagues during his speech.



CONVERSATION WITH CANDIDATES. Republican Saffold speaks to students during a morning assembly. *Shakerite photo by Grace Fuller*

Str8 Soulja2 win MAC tournament, rules change to discourage fouling

BY JUSTIN GURNEY
Staff Reporter

In addition to earning national recognition in *Newsweek*, the Minority Achievement Committee (MAC) Scholars held their annual basketball tournament in mid-April.

"I only played in this tournament for the competition and so I can brag to all my friends that I beat them," senior Jason Ward of The Unknowns said.

The Str8 Soulja2, a team soaring from a successful football season, won the double elimination tournament 22-21 in the finals.

"We just overpowered them," sophomore Devan Miller said.

The Str8 Soulja2 were not the only winners in this prestigious three-day battle.

"The players and the fans had a great time this year," sophomore spectator Matt Baringer said

MAC was developed seven years ago, and the tournament was developed in 1993. In order to increase parity no varsity or JV basketball players are permitted to play in the tournament

Prior to the quarterfinals one constant in the tournament was the absence of shooting fouls.

However, in a quarterfinal contest a flagrant foul was committed to prevent a breakaway lay-up with less than 10 seconds remaining. The referees, Sedric Toney and Bob Wonson, improvised and awarded two free throws to the shooter.

Thereafter, to discourage fouling as a defensive tactic, two points were awarded to any player fouled while in the act of shooting. Three points were automatically awarded if the player was in the act of shooting a three-pointer.

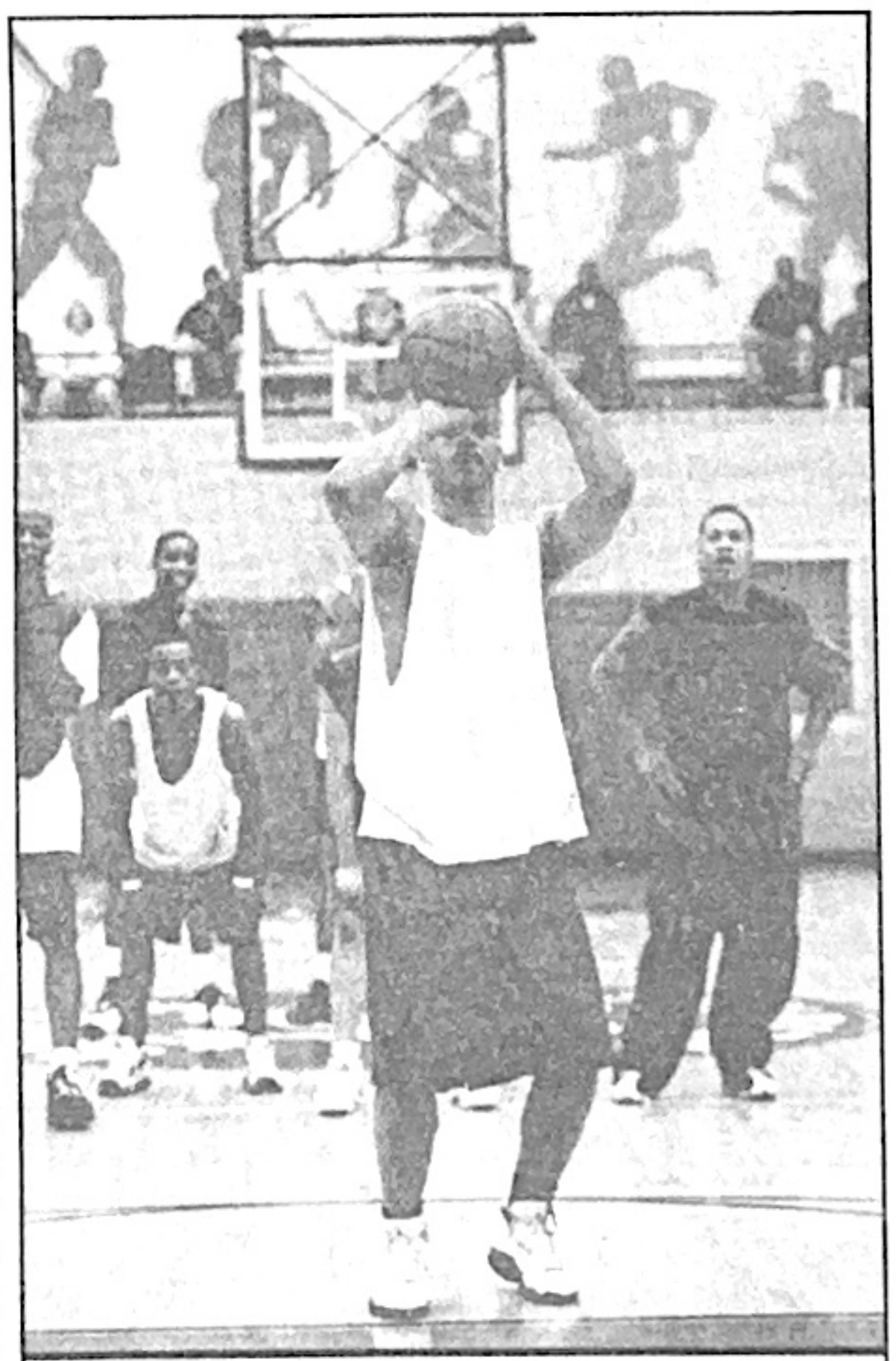
It cost one dollar to watch each day, and each player paid three dollars. MAC earned about $700 from the tournament.

"I think [MAC scholars] should actually charge more for the tournament," senior Andy Campen said "It created a unified atmosphere where people of all races could come together in a friendly competition."

Last year's tournament added one aspect to the tournament: winners got to play the staff in one game. That addition will continue this year and probably in future tournaments as well.

"The staff will never lose," junior Leavell Adams said. "They have superstars, but it will be fun."

Members of the Str8 Soulja2 said they will defend their title successfully in the 1999 tournament.



UNDER PRESSURE. Jason Harris attempts a free throw after being flagrantly fouled with 10 seconds remaining in a quarterfinal game.
Shakerite photo by David Distelhorst

Members of the victorious team were: freshman Alex Wynn, sophomore Devan Miller, juniors Leavell Adams and Jermaine Clements, and seniors Chris Conwell, Demetrius Hall, Jay Ward and senior captain Jhaunte Watson.

FYI: Campaigns to contact

For seniors with political hours to complete in the next week or other interested students, here is a list of campaigns that have expressed a desire in having Shaker students work for them:

- ✓ **James Herford** (contact Rich Ragnanese) 732-7499
- ✓ **Jeffrey Johnson** (contact Kent Whitley) 932-7228
- ✓ **Stephanie Tubbs Jones** (contact Barbara Walker) 229-8928
- ✓ **Marvin McMickle** (contact Eva Bekes) 752-2111 or Shana Heilbron 751-1370
- ✓ **Dale Blanchard** (contact Brenda More Nichols) 475-8608
- ✓ **Robert Saffold** (contact Lawrence Chin-Albert) 426-0713
- ✓ **Eric Fingerhut** (contact Brian Feinsilber) 561-7663
- ✓ **Georgine Welo** (contact Jeff Lansky) 475-7068
- ✓ **Thaddeus Jackson** (contact Hazel Jackson) 440-232-7319
- ✓ **Kate Euler** (contact Kate Euler) 932-6214

Gerson School is alternative for at-risk students

BY TOBY BULLOFF & JENNY HEISLER
News Editor & Staff Reporter

When one thinks of or hears about alternative schooling for kids who have "problems," images of thugs, total drop outs and losers may come to mind. But are these images reality?

For some students, Shaker and other traditional high schools are intimidating environments. Sheer numbers and competitive classes can overwhelm students, especially those who suffer from depression, attention deficit disorder or anxiety.

"This is where all the f— ups in Cleveland go..." ***Or is it? Despite such comments from a student attending Eleanor Gerson School, Gerson remains the only school of its kind to support students with special needs.***

According to Jim Dunne, principal of Eleanor Gerson School in downtown Cleveland, students who attend Gerson are capable of typical schoolwork but cannot complete it because of personal problems.

Contrary to common perception about alternative schools, discipline is not the main focus at Gerson. In fact, physical fighting is strictly forbidden and results in expulsion. According to Dunne, there have only been seven fights at Gerson since 1982.

In grades nine through 12, Gerson accommodates only 60 students. Of these 60, 75 percent are caucasian, there are equal numbers of males and females and 80 percent reside in Cleveland suburbs.

Students attending Gerson have either been recommended by their local schools or have been pulled out of school by their parents. Local schools that refer students work under an Individual Education Plan, a state-mandated goal sheet drawn up by families and schools, which pays the $6000 tuition and provides transportation. Dunne said there are roughly equal numbers of students in IEP situations and those whose families chose Gerson.

Dunne said he believes the biggest asset to Gerson is the small classroom setting. All teachers act as advisers to eight or nine students and hold half-hour meetings each morning during "study time" to go over personal problems and give guidance.

Student-teacher interaction is stressed at Gerson and made possible because of small numbers.

"This is the key to beginning success," Dunne said.

Students echoed Dunne's feelings, saying they felt like their teachers' own children. There are only six teachers and classrooms at Gerson, and the same teacher might teach psychology, English, anthropology and theater.

School starts at 9 a.m. and lasts until 2:30 p.m. Wednesdays are short days that end at 1:30 p.m. From 2:30 to 3 p.m. on regular schedule days, time is allotted for independent projects or makeup work. Many students start with five classes a day and work up to six each day after time.

"I would be real happy if they do well with five [classes each day]," Dunne said.

Classes are 40 minutes long with five-minute breaks in between. Basic subjects such as math, English, history and science are taught, and curriculum is tailored toward students' achievement. For example, this year Gerson created an advanced calculus class for only two students who had progressed beyond existing math levels. Regular letter grades are given for homework assignments, quizzes and tests. Six sets of grades are given each year with exams, or final projects, ending each semester.

Most classrooms have a few desks, beanbag chairs and couches to make students feel comfortable. There is only one computer and television at Gerson, and the library consists of a few bookshelves against a wall.

"But no one takes out books," a student was quick to point out.

In the five-minute break between classes, almost all students head to the "smoking room." This room is decorated with student murals and is the main hangout area.

"No one chills in the 'commons room,'" a student said.

If students are passing all classes and have turned in work on time, they earn lunch passes to leave the commons room, which holds the cafeteria, library and two student bathrooms.

The gym, where talent show auditions were taking place, has one small basketball hoop, an exercise bicycle and a bowling alley. Students laughed about their facilities.

"It's pretty bootleg," a student commented.

Students earn a high school diploma if they complete the requirements, and Dunne estimated that 50 percent of Gerson graduates go on to college. It is possible for students to earn a joint diploma from Gerson and their local school.

One student said Gerson is sometimes called "Last Try High" because students feel Gerson is the only place in Cleveland where they can graduate. These students really do want a diploma and avoid expulsion from Gerson because they might have nowhere else to turn.

Dunne said an ideal route for a Gerson student was to transfer back to a standard public high school after some education at Gerson.

This is not usually the case though. As one student put it: "Why would you ever want to leave here for another school?"

Gerson at a glance:

Comments heard in the halls represent student attitudes about Gerson.

"Compared to Shaker, I love it."

"It's like summer camp here."

"If there was one school I had to come to, I'd come here."

"It's ghetto as f---."

"We all feel lucky to be here."

"People are a lot more accepting."

"The thing you learn most here is how to understand people."

"The teachers here actually know you and want you to succeed."

"We call our teachers by their first names."

"It's rad."

"One day I didn't learn anything and was disappointed."

"The teachers here support a positive learning environment."

"I'll be sad to graduate."

NEED
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Is Looking For Artists (By Pen Or Mouse) And Photographers For The 1998/1999 School Year

There are no previous requirements necessary for artists; photographers must be taking/have taken a photography course and have their own equipment. If you are interested in these positions, please stop by the Shakerite office, Rm. 229.

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Shaker Heights Teachers' Association
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Deep Thoughts by *Jack Handey*

~What is it that makes a complete stranger dive into an icy river to save a solid gold baby? Maybe we'll never know

~It's too bad that whole families have to be torn apart by something as simple as wild dogs.

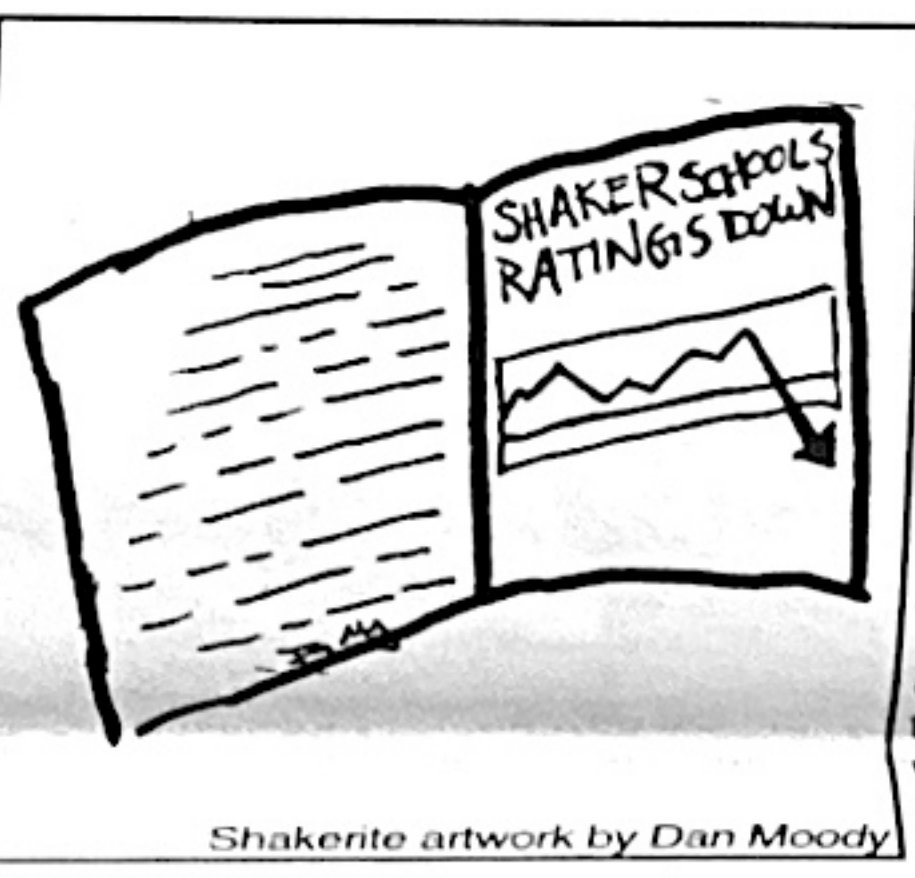
~People think it would be fun to be a bird because you could fly. But they forgot about the negative side, which is the preening.

Shakerite source : Deep Thoughts *by Jack Handey*

THE RITE IDEA

Statistics don't show full truth behind numbers

With the publication of the March 30 issue of *Newsweek*, the high school once again gained national recognition for academic excellence. However, Shaker's 56th ranking among *Newsweek*'s "100 High Schools That Work" is a questionable achievement, at best, only because the magazine's statistical premise did not truly rate success of schools.



Shakerite artwork by Dan Moody

The article rated public schools with more than 200 graduating seniors for their "efforts to get students to excel." *Newsweek* calculated the ratio of the number of Advanced Placement tests taken at the school in 1996 and the number of graduating seniors in that year. Shaker, with its strong Advanced Placement program and large student body, ranked 56th, with a ratio of 1.571 (Wheatley School, of Old Westbury, N.Y., ranked first with a ratio of 2.862).

How is this statistic flawed? It only reflects how the administration encourages students to take a test. It doesn't reveal how well students are fortified with knowledge and ability to succeed on the test, and it doesn't reveal how students score on the exam. Shaker would definitely do much better in a rating of these two areas.

The idea that taking a test makes a student – and a school – better than those who don't is illogical. Many high schools mandate all AP students take the exams. Shaker only requires the highest level of math and science to take the corresponding AP tests. Some colleges don't accept AP tests for credit, thus discouraging some students from the investment of time and energy involved in the exams. Also, taking an AP test costs $74, a large sum of money for a few pieces of paper, especially if the student is not sure he will do well. For students who are not doing well in AP classes, taking the test is a waste of time and money. Some schools rated in the *Newsweek* article have the financial capability to subsidize their students' AP test fees. With this advantage, Shaker's students would take the AP tests much more frequently, and therefore would probably rank higher on the *Newsweek* scale.

The *Newsweek* ranking is yet another example of the questionable statistical evaluation of educational institutions. Consider the numerous college statistics juniors and seniors consume en route to choosing their targeted schools. It seems every college boasts unbelievable statistics proving its superiority. Perhaps there is a strong quality in all colleges; more likely, however, is that such statistics are incomplete. They are "white lies." White lies are completely truthful, but they leave out pertinent information that would affect their impact. Various accomplishments glorified by statistics may not be as wonderful as they are made to seem.

For example, *U.S. News and World Report* is known as a trustworthy and popular source that rates colleges. One statistic it takes into consideration when rating schools is the drop-out rate. This automatically minimizes larger schools' chances of achieving high ratings. With a larger student body of about 50,000, The Ohio State University has a higher dropout rate because there are more students there who might leave school. Williams, with an approximate student body of 2,000, may have lower drop-out rates, but that statistic does not accurately assess the quality of the institution.

Readers should question the validity of statistics used to make life decisions, such as choosing a college or a community in which to live. Statistical "white lies" harbor exceptions that must be exposed in order to reach a credible conclusion.

CHEERS & JEERS

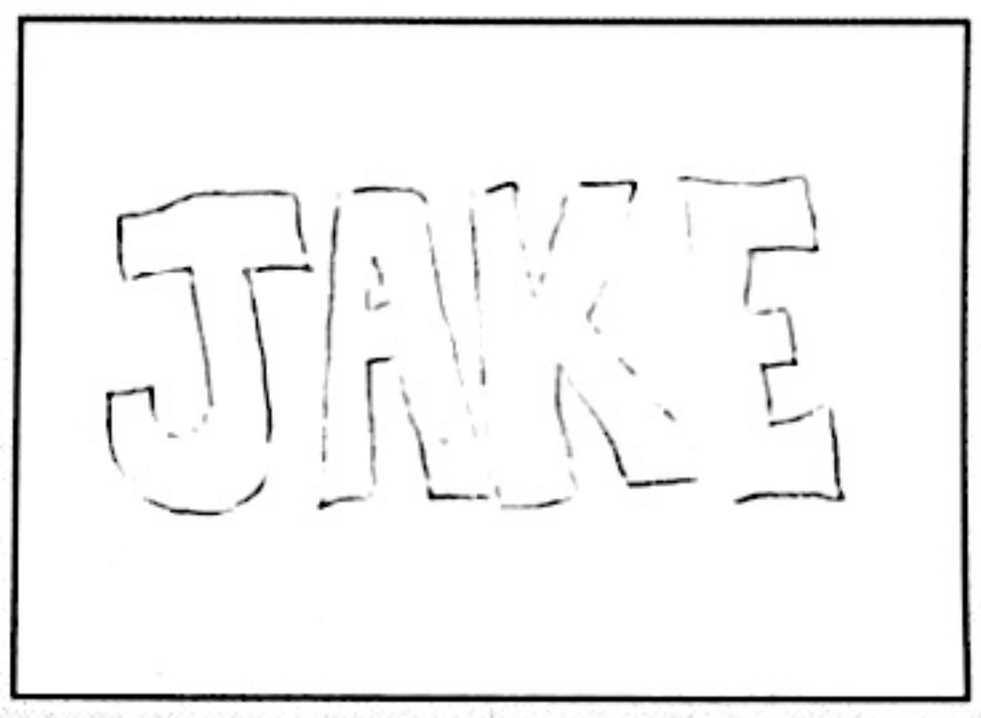
Cheers to warm weather. When you can chill outside in shorts and sandals, nothing else matters.

Jeers to dimly lit restaurants. The only mood it sets is anger. If I wanted to eat in the dark, I'd eat in a dungeon.

Cheers to senior project. Although it will be sad not to come to the high school anymore . . . NOT!

Jeers to Beanie Babies. In a way they're cool . . . for me to poop on.

Cheers to restaurants with unlimited free refills and/or free mints. We are also partial to establishments with free six course dinners.



Cheers to the ice cream man. If there is a better concept than a truck filled with 50 different ice cream bars that drives around playing happy music, I don't know of it.

Jeers to *Seinfeld* ending. How we will miss you, dear Kramer.

Cheers to the word "jake". Seniors: it's our duty to make it national slang, so use it in college.

Jeers to the police not allowing seniors to parade around the oval on the last day. We've earned as many laps as we want.

THE TOP TEN

Top 10 senior pranks to look out for...

10. Encasing the egress with glass to form a giant aquarium . . . for Shamu.

9. Filling Dr. Rumbaugh's office to the ceiling with hay.

8. Selling the school to the Sultan of Brunei.

7. Broadcasting graphic pornography on closed-circuit TV in every classroom.

6. A stegosaurus trapped in the courtyard.

5. Alcohol flowing from the fountains.

4. Life-sized statues of every senior on the front lawn in action poses.

3. Staging a battle between a herd of rhinos and a pack of tigers on the football field.

2. Turning the oval into a moat.

...and the number one senior prank to look out for is...

1. Blueprints for the front drive stolen and buried in Earth's hot magma core.

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Watch the Wahoo debate escalate

SHAKER
SPEAKS

Athough the return of the Indians to Jacobs Field continues to delight their enthusiastic fans, a group of Native Americans isn't thrilled with the renewed presence of the Chief Wahoo logo.

On opening day, Tribe fans were greeted by the smell of burning fabric as a group of Wahoo protesters lit the logo ablaze. Three of the demonstrators were arrested for endangering public safety. The three were previously taken into custody, but the judge threw the case out of court because he believed it to be a viable use of the First Amendment.

The Shakerite asked in this "Shaker Speaks" what students think of the Indians' Wahoo logo. In light of increased efforts at political correctness and race awareness, do you find it offensive to Native Americans? If so, do you feel it should be changed? Should the name be changed as well?

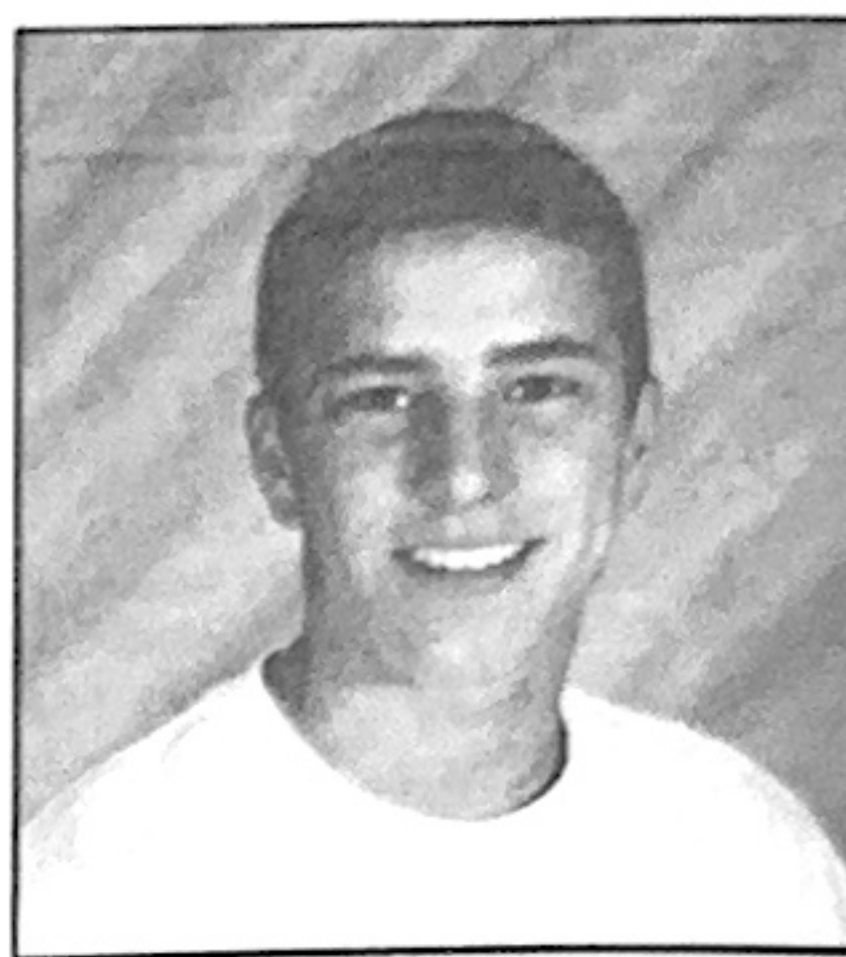
Shakerite photo courtesy of Alexis Cooper

"If you made it white and made the nose bigger and called them the 'Cleveland Jews' no one would stand for it. If you made it black, no one would stand for it. No one would say, 'Oh, it's just a baseball team, get over it.'"

–Alexis Cooper, sophomore

"Even if in the beginning the intent of the name was good, I think it should be changed to keep up with the times. We owe the Native Americans some respect, and changing the name, along with Chief Wahoo, would be a way to start the ball rolling."

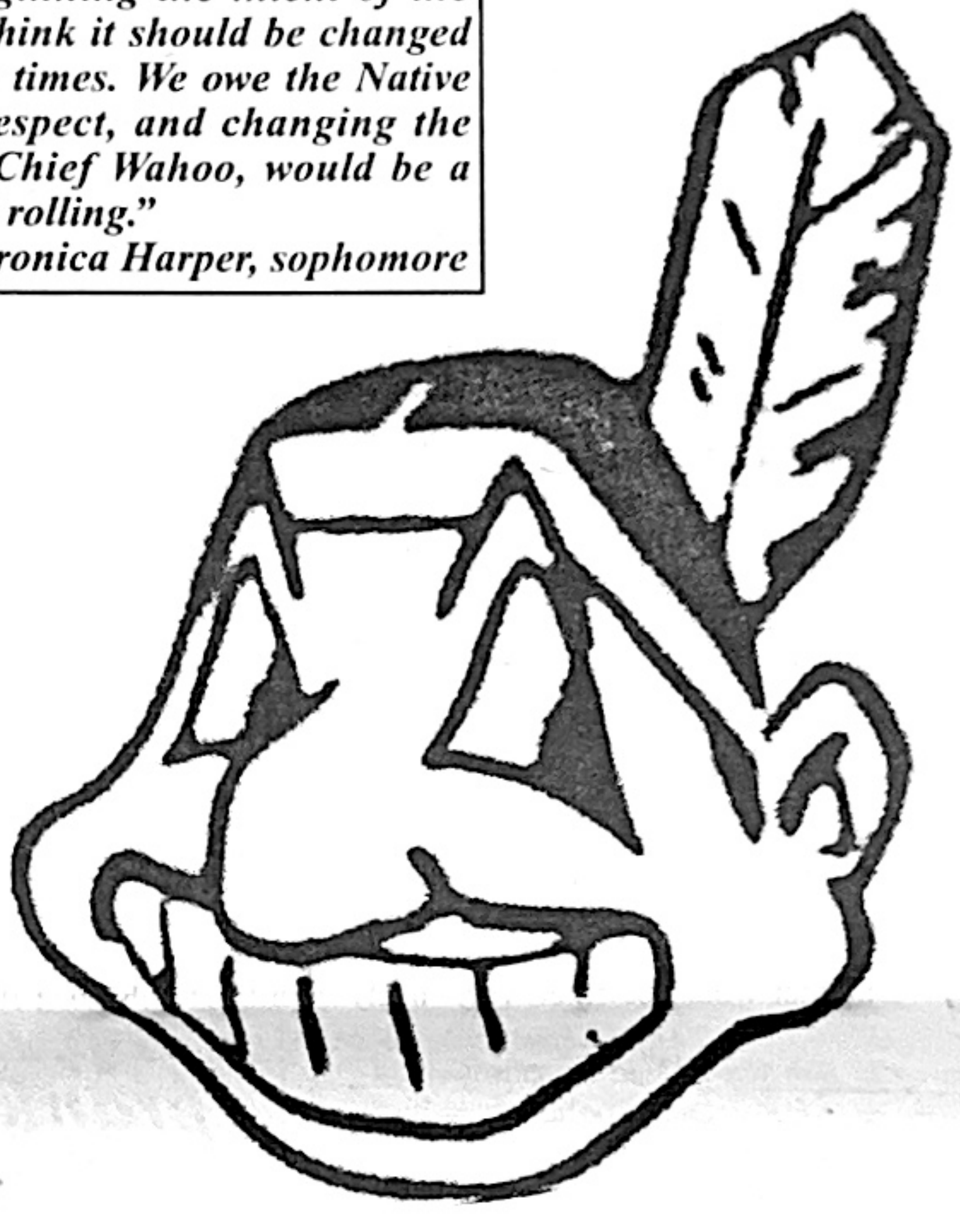
–Veronica Harper, sophomore



Shakerite photo courtesy of Chris Ryder

"It's a little bit offensive, but it's a lot better than it used to be when it was a big 'ole nose. If it's offending people, then it should be changed. I think the protestors are unneccessary, though, and a bit too much."

–Chris Ryder, freshman



"Chief Wahoo is a racist slogan which is detrimental to Native Americans. The only reason that nothing is being done is because their population is so small in numbers. If any other race was a logo, something would be done immediately and the media would jump all over it."

–Sunil D'Souza, senior

"It was to honor a great player in their history who was a Native American."

–Matt Baringer, sophomore

"I thought he was a clown until I found out he was an Indian, and he still looks like a clown. If the Native Americans are upset about being called Indians because that's what Columbus called them, why should they associate themselves with the team anyways?"

–Austin Frank, sophomore

"[The protestors] get kind of annoying. Some of them are aggressive and push pamphlets in your face. If it really does bother them, then the logo should be changed."

–Chris Hemmelgarn, junior

"Of course any type of people are going to feel offended if they are exploited as a sports team symbol. Probably none of the people that receive proceeds from the Indians organization are in fact Native Americans."

–John Martin, sophomore

"I don't like the Indians logo because it is racist."

–Kimika Thorpe, junior

"I don't think the name should be changed, but the mascot picture should definitely be modified. It is a derogatory picture making Native Americans look goofy."

–Meghan Dubyak, sophomore

"It really doesn't bother me. I don't think it's degrading either because most people don't associate it with Native Americans. I don't see why it couldn't be changed. But, if there are many people who are against it, then Jacobs should consider changing it to be less offensive."

–Sarah Ronis, sophomore

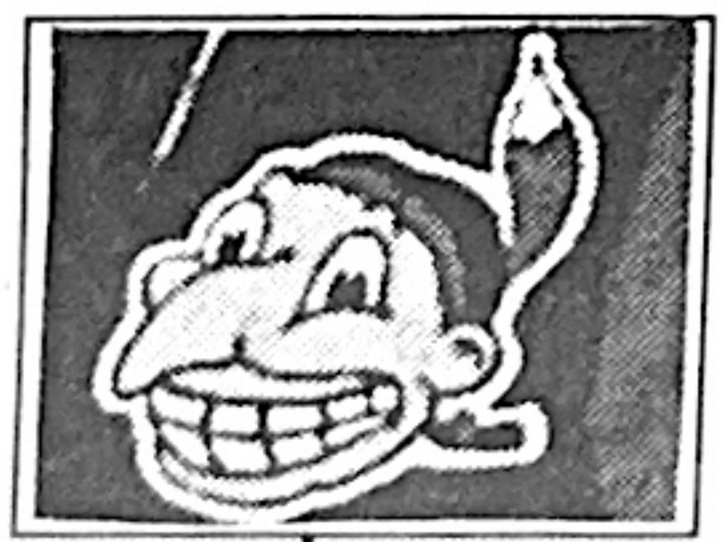
"The protesting is not really right, but if they want to take it a step further, then they should just take it to court."

–Donte Mines, sophomore

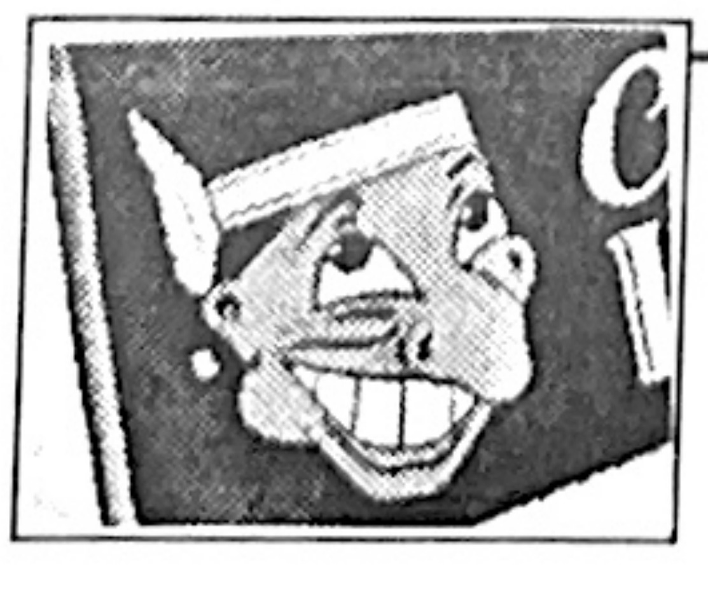
"The exaggerated look of the logo itself is demeaning. Does a real Indian look like that?"

–Chris Noel, junior

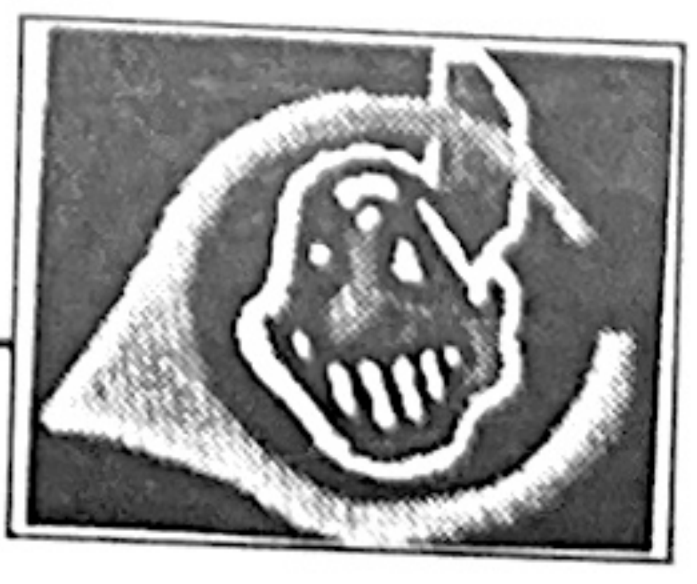
Wahoo through the years



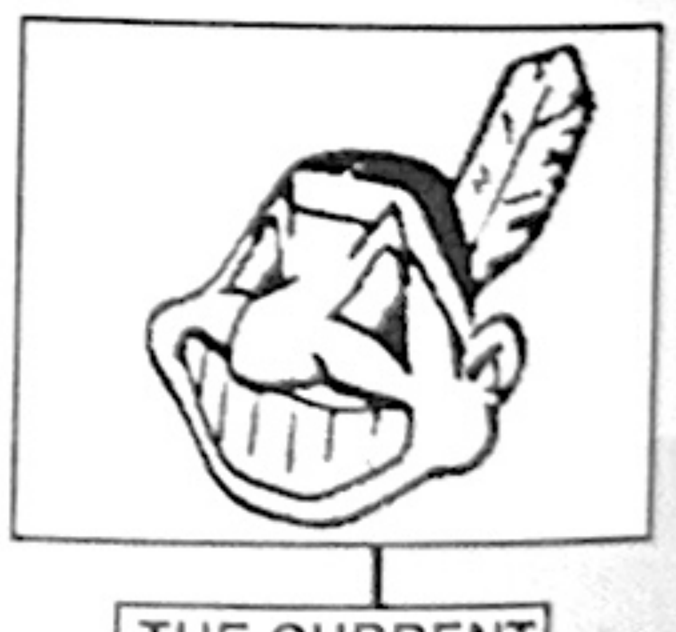
THIS 1948 WAHOO FEATURED A LARGE NOSE, YELLOW SKIN, AND A HUGE SMILE. A JACKET WITH THIS IMAGE IS CURRENTLY FOR SALE.



THIS DARKER SKINNED WAHOO WAS THE MASCOT FEATURED ON A PENNANT FROM THE FIFTIES.



A WAHOO FROM A 1954 CAP.



THE CURRENT WAHOO.

LINDSAY'S POINTS TO PONDER...

BY LINDSAY CAMPBELL
Opinion Editor

Seems like it's time to get sentimental. My mom has already begun crying for my graduation, and I just put a Princeton sticker on my car. Despite all this sappiness, I'm offering you a retrospective of the days in our hallowed halls.

Freshman year began in a blaze of . . . of . . . confusion and shortness. For anyone who deoesn't remember freshman orientation, let me re*fresh* (ha, ha, it's 11 p.m. before deadline, OK?) your memory. It was the scariest, longest day ever, when the big seniors took us around the infinite hallways – therein lies the "confusion" element. The "shortness" element sort of goes without explanation as this was only *one* year after Dr. Wendling and the Weepul man. Needless to say, few of these youngsters had hit their growth spurt. Ninth grade hit us like a storm with three hour finals rather than goodbye pizza parties. Our mommies picked us up at 3:10 and our eyes were opened to the world by Global Studies and closed again by the sound of the sweet, lulling chimes between classes as opposed to the harsh bells of the middle school.

On to sophomore year, when you are still pretty insignificant – but at least have someone to pick on. Like a few other tenth graders, I got a taste of hell in my first AP classes: especially Modern Euro, where you basically learn everything from five centuries, a dozen countries and all genres. Looking back, I hadn't quite mastered the fine art of procrastination then – with my *1.5 inch full* binder, five page timeline and color-coded notecards. I can safely say that I've conquered this skill as I write this ***column the day before deadline, rather than studying for a physics test that we*** convinced Mr. Schutter to, of all things, push back a weekend . . . what a vicious cycle. Back to tenth grade, when I covered key issues for the *Jakerite* like: "*For Better or for Worse,* cartoons change our lives" and "Let it snow." Ahh, memories.

I remember very little of junior year. This is not due to early Alzheimers; it is because I was a veritable fencing maniac. I missed one sixth of the school year travelling from Palm Springs to Hungary. Junior year is the crazy year when SATs and full schedules plague most students. In fact, I seem to recall that when my Japanese exchange student asked what we did during his stay, he innocently replied, as non-English speakers who don't realize that they are making their hosts look like extreme dorks can: "she study six hour a day." After vehemently denying this, I suddenly realized it was true. Aside from fencing, sleeping and eating, my nose was in a book. But, I supppose it paid off senior year.

Applying to college was easy for me because fencing really limited my schools, even though it was still a hectic process. I got into all my schools, and after second semester rolled around, my school autopilot shut d o w n. It SEEmS to be. . *sHutT*ing off nOW!! Can't mainTAin retrosp e C t i ve. Must state poin tS to POndER:

*Ever wonder about phone numbers? If you took the first three digits of 752, 751, 283 and 991, you would have almost everyone in Shaker. But then there are flukes like 360 and 514 that just throw this entire theory off, so never mind.

*Ever wonder why the Ocean Spray in the fencing room is more expensive than the Pepsi? With all their state nutrition goals, you'd think sugar water would be harder to obtain than fruity goodness. Hmm?

*Ever wonder about those purple footprints on the sidewalk of Attleboro by the duck pond (which is really called Green Lake)? I sure did as I got my walk on basically the first three years of high school. Well, ever notice that they are also on the math room ceiling?

Made you look. Bye guys, it's been fun.

Shakerite seniors say their farewells

BY TOMMY GELEHRTER
Managing Editor

As my high school days slowly but surely come to an end, I find myself contemplating three very important questions. One, are the Cleveland Indians ever going to win the World Series? Two, has my high school career been fulfilled? And finally, how do I say goodbye to the the institution in which I have spent the last four years of life somehow managing my way into college?

ADIEU, ADIEU: senior *Shakerite* (a.k.a *Jakerite*) editors gather to say goodbye for their last issue. Standing: Laura "Fearless Leader" Curtiss, with picture of Emily "I didn't like the topic, so I left" Hoffman. From left: Grace "The Mace" Fuller, Amy "Kung Fu" Cohen, Lindsay "mmm mmm Good" Campbelll, Geoff "Gangsta" Dietrich, Toby "Little One" Bulloff, Adam "Never Present" Cole-Kelly, Tommy "The Figurehead Flatulater" Gelehrter and Caitlin "Jesse Spano" Masini.

Shakerite photo by Jenny Wallace

When I think about question number one, my automatic answer is, "Of course they are, Tribe in '98 baby!" Then I remember the horrors of my sophomore and senior falls and how twice my heart broke when the other team won the World Series. I remember that, except for the Cleveland Crunch, who – mind you – cannot win a title without me on the bench, Cleveland is jinxed. Plain and simple, we cannot win a major sports title to save our lives, and therefore I will answer the question in one plain and simple answer . . YES!! Tribe in five over San Diego.

Now comes probably the toughest question I ask myself every single day. Has my high school career been fulfilled? In many ways it has and in many ways it has not. As a high school student, my hometown sports teams made me scream for joy and made me cry tears of sorrow. Witnessing the school's first ever football playoff victory, a strong basketball defeat of Heights at Brush and the hockey team coming within seconds of a state championship all fill me with joy. But I feel that I am left with a void, one that would be filled very nicely with the trophy that the hockey team almost brought home and that a few spring teams will have a shot at.

Finally, I wonder how I am supposed to thank everyone who has gotten me through four of the greatest years of my life. I wonder how I would have made it without the bearded man in the main office, especially since I managed to piss him off countless times with my headlines, stories and of course, nicknames. What would have happened had my counselor not pushed me so very hard? It really makes me think, and reminds me of what a great school system Shaker is and how lucky I am to have been educated here. I have witnessed diversity unlike any other school district in America. I faced failure right in the eye and managed to bounce back. (In case you haven't figured it out yet, sleeping in class and not doing your homework is not the way to go.)

To everyone who has been there for me, as a teacher, counselor, principal or friend, I am grateful. Without Shaker, I do not know where I would be today and where I would be headed tomorrow. I feel so lucky to live in such a great community with such great schools, teachers, friends and sports teams.

The education I have received has made me want to be able to move back to Shaker someday to raise my own family. In closing, I was going to tell you what to do, how to do it, and not to screw up. But that's no fun, and you probably just don't care what I think. Regardless, I do have one piece of advice: have fun. These are four of the greatest years of your life; don't sweat school too much.

Academy should have sunk *Titanic*

BY MEGAN JOHNSTON
Staff Reporter

The *Titanic* sweep at this year's Academy Awards represents not only just a lack of good judgement on the Academy's part, but also a more profound change in the the characteristics of what is considered a good movie.

Anyone who saw *Good Will Hunting, As Good As It Gets, The Full Monty or L.A. Confidential* knows that this long tear-jerking epic was not even close in comparison. It is very difficult for me to understand why *Titanic* beat these great movies for Best Picture.

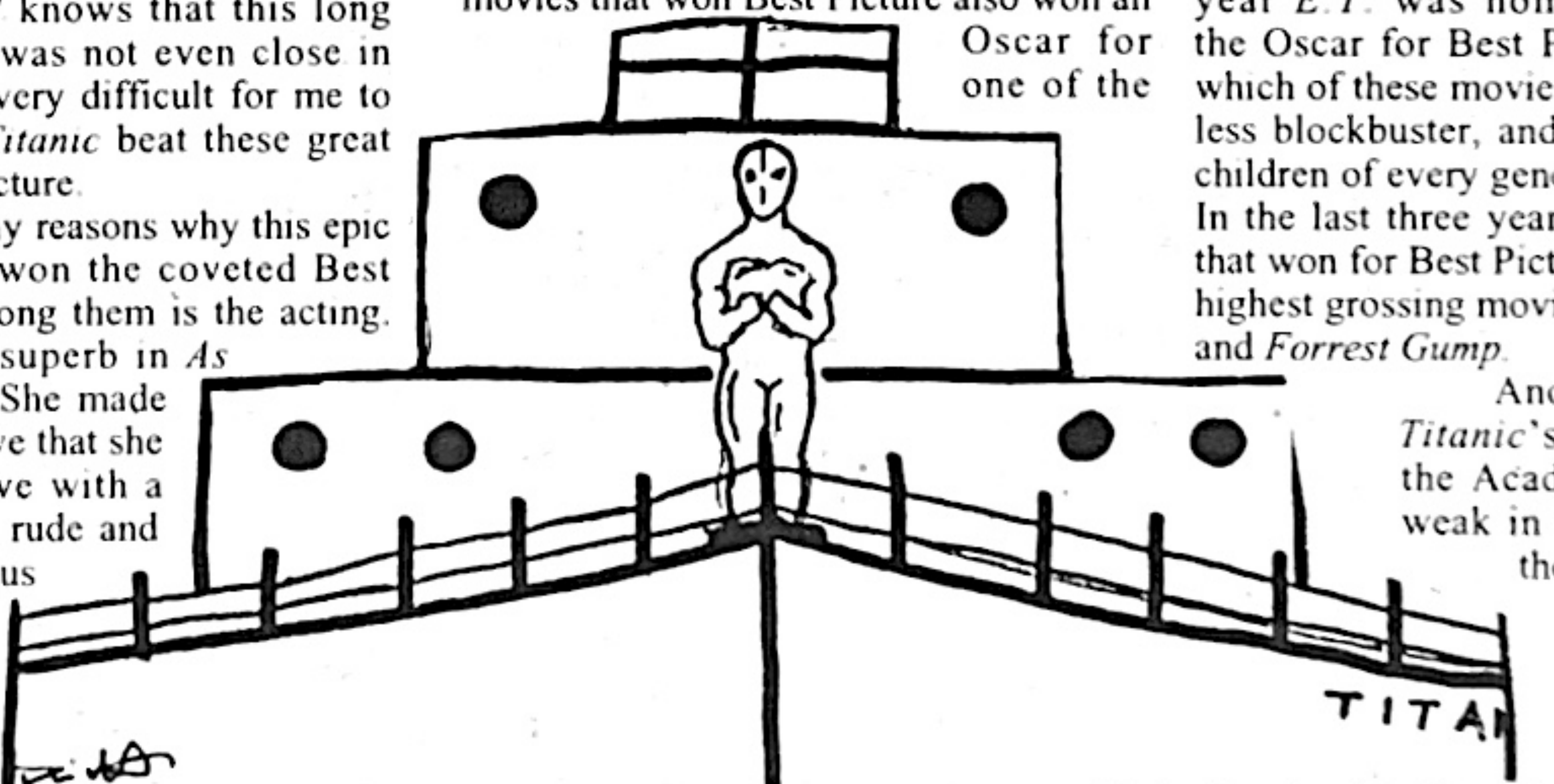
There are many reasons why this epic should not have won the coveted Best Picture Oscar, among them is the acting. Helen Hunt was superb in *As Good As It Gets*. She made her audience believe that she was falling in love with a pretentious, nasty, rude and incredibly obnoxious old man who degraded everyone around him. In *Good Will Hunting,* Matt Damon did an excellent job of portraying a deeply troubled and somewhat humble genius. Kate Winslet had to act like she was falling truly, madly and deeply in love with Leonardo DiCaprio. Not all that difficult to accomplish.

Titanic played a losing game when it came to script. *Good Will Hunting* was filled with great one-liners and touching scenes. Jack Nicholson was at his best with his devilish eyebrows and raspy voice when he said "Sell crazy somewhere else, we're all stocked up here!" *Titanic* on the other hand was filled with lines like "I'M FLYING!" Not to mention how the lines "If you jump, I jump, right?", "We're going to jump together right?", "No, you jump, I'll stay", "Let's jump together" and many other variations were said a countless number of times. Bite me, Kate.

Titanic had only two distinguishing qualities: the public loved it, and it was a REALLY big boat. This is proof that the views of the Academy are changing drastically. Since 1970, 20 out of the 28 movies that won Best Picture also won an Oscar for one of the five other main categories: Best Actress, Best Actor, Best Supporting Actress, Best Supporting Actor or Best Screenplay. This just shows how movies used to be based on the acting and the storyline. *Titanic* is proof that the Academy is beginning to look more at special effects and publicity than at the plot and characters of a movie. In the past, movies that won for Best Picture were rarely movies that won at the box office.

Of the top 100 highest grossing movies of all time, only 10 have won Academy Awards for Best Picture. This is because while the public wants to see excitement, blow you away special effects and some great bad guys, the Academy wants to see *The English Patient*. This doesn't mean that the Academy never took notice of the movies the public picked. *E.T., Star Wars, Jaws* and *Raiders of the Lost Ark* were all nominated for Best Picture, although none of them won.

The movies that won were movies that grossed about one tenth of the money these box office hits earned. The year *E.T.* was nominated, *Ghandi* won the Oscar for Best Picture. We all know which of these movies grew to be the timeless blockbuster, and it's not *Ghandi* that children of every generation have on video. In the last three years, two of the movies that won for Best Picture were in the top 10 highest grossing movies of all-time: *Titanic* and *Forrest Gump*.



Shakerite artwork by Dan Moody

Another explanation for *Titanic*'s golden man is that the Academy just got a little weak in the knees when they thought about the reaction they would have had if *Titanic* hadn't won. They dealt with thousands of letters of complaint just because Di Caprio wasn't nominated for Best Actor. The controversy would have been enormous if *Titanic* hadn't won; everyone was expecting it.

So was the Academy swayed by the opinion of the public, or were they just captivated by that "really big boat"? It surely wasn't acting or storyline that scored *Titanic* her statuette. I honestly believe that if the public didn't enjoy a good cry, the mass destruction of the most famous boat (and some of the most famous people) in history, and a close-up shot of Leo, *Titanic* would never have won.

ENTERING THE FUTURE OF MEDICINE

Homeopathic healing and holistic health become popular throughout the nation

HOLISTIC HEALTH

Healing for the mind, body and soul

BY BETH DOLINSKY
Staff Reporter

You know the routine: you get sick, go to a doctor, get antibiotics and in a week or so you'll be fine. However, there are many alternatives to this process that fall under the label "holistic medicine."

As defined by the Canadian Holistic Medical Association, holistic medicine is a system of health care that fosters a cooperative relationship among all those involved, leading toward the optimal attainment of the physical, mental, emotional, social and spiritual aspects of health. Put more simply, holistic medicine focuses on all of the body's systems functioning at their optimal levels. Many practitioners stress the fact that holistic health is more than just the absence of illness.

"Wellness is about wellness. Organizations such as the American Medical Association and the pharmaceutical companies have gotten out of hand because people have gotten into the habit of popping a pill and not finding the actual problem," Marcia C. Minor of the Holistic Life Center said.

Practitioners say even when no illness seems to be present there is still a lot of room for improvement. According to Minor, the purpose of the Holistic Life Center is to educate and inform the public about preventative medicine because it is easier to maintain health than to regain it.

A common area of holistic medicine is homeopathic remedies, natural products used as a remedy or health supplement. They can include vitamins, herbal teas and other all-natural products often found in health food stores. Homeopathic remedies specifically prescribed by a doctor in the field are said to be able to heal or alleviate the symptoms of acne, asthma and even AIDS.

There is a healthy debate over whether or not these homeopathic remedies work. Some believe that people who only use herbs or natural cures will not get the best care.

There is also a debate existing within the holistic health field. While some advocates of homeopathic cures do not reject conventional methods outright, others would not recommend any alipathic remedies.

"We don't use anything - no surgery, no drugs, no poison and no burning [X-rays and lasers]," naturopathic doctor Hakeem Lewis said. "There is no difference between a good drug and a bad drug."

Still, some holistic and conventional doctors and practitioners emphasize the need to live a healthy lifestyle and do whatever it takes to heal a person, be that surgery, antibiotics or an unconventional technique.

"I would never use anything holistic in place of a conventional medicine, but a combination can really help people," Kruzel said.

Dr. Scott Frank, director of health for Shaker Heights agreed.

"Some alternative therapies make a lot of sense to me, and those I encourage. If alternative medicine keeps patients from getting help that is already proven, then I think it is bad. It ought to be complementary medicine," he said.

HERBAL ESSENCE. Natural products like vitamins help you heal
Shakerite photo by Grace Fuller

Some students also agree with this point of view.

"I think there are a variety of things that can help people. I would probably go to a doctor as a first choice but, I wouldn't rule out anything else like an aromatherapist," junior Abe Kinkopf said.

However, some people don't have much faith in the effectiveness of homeopathic and holistic remedies.

"I'm skeptical," said sophomore Amy Fuller. "My father is a doctor, and we've seen conventional methods work a lot. Homeopathic remedies and other kinds of therapy aren't proven forms of medicine."

Advocates of holistic medicine emphasize the importance of the choices people make about their lives and habits. A large part of holistic medicine is avoiding harmful substances and getting enough of what's required.

Other than the problems with drugs and alcohol, the basic principles of holistic health also stress avoidance of sugar, caffeine and negative attitudes. They encourage exercise, nutrition, sleep and self-esteem.

Students found this analysis of life today to be true.

"Research shows that now people eat more chocalate than they used to. . . and people work harder and more stressful hours, so I think today is more stressful than the past," junior Laura Moore said.

The principles of holistic health say through healthy lifestyle choices, use of homeopathic remedies and other techniques, the body can operate at its highest level of wellness.

"You have to believe you will get well and that whatever you're doing will help you, no matter what technique you're using," Kruzel advised. "If you don't think you'll get well, even with regular medicine, you won't."

THE POWER OF PRAYER

A spiritual connection

With medical technology increasing every day, physicians have numerous avenues of treatment to offer their patients.

More and more, the chosen avenue is the route of faith.

MetroHealth family health practitioner Christine Williams, M.S.N., said she is bothered by a partiality to Christian faith.

"Any study that deals with only one group of people is invalid. I believe in the relationship between medicine and prayer because of the spiritual and physiological benefits, but when only one group of people is studied it becomes [questionable]," Williams said.

Many studies have been conducted that suggest a connection between religion and wellness. A University of California-Berkeley study conducted over 28 years showed the mortality rate of men and women who attended religious services once a week or more to be significantly lower — 25 percent and 35 percent lower, respectively.

Scott Frank, an associate professor of family medicine at Case Western Reserve University and Director of Health for Shaker Heights, agreed.

"It is true that people who are religious tend to lead healthier lifestyles. But even in controlled studies in which people who did not smoke, drink and were not promiscuous — but were not religious — the religious still tended to be healthier."

According to a 1996 *Time* magazine poll, 77 percent of people believe God intervenes to heal the seriously ill. Also a *USA Today* survey showed 63 percent believe it is good for doctors to talk about faith with their patients. However, only 10 percent of doctors actually discuss spirituality with their patients, perhaps because they fear offending patients' personal beliefs.

Frank said studies such as these, which show the importance of spirituality to patients, should serve as a wake-up call for doctors.

"Whether doctors wish to integrate prayer into medicine is not as important as whether patients do. . . There are amazing statistics in hospitals asking patients about the relative importance of spiritual and physical health. Ninety-four percent felt spiritual health was just as important as physical health, therefore doctors need to pay attention to spiritual as well as physical health," Frank said.

Both Frank and Williams witnessed the power of prayer in their practices.

Williams recalls an in-flight incident when prayer helped to calm and ease the pain of a cancer patient.

"A woman with cancer began to get very ill on the plane with my husband and me. She was trying to get home to see her daughter before she died and she was afraid that they were going to make her get off of the plane. She was totally distressed. As I tried to reassure her I asked her if she wanted to pray. She said 'Yes.' Once we started to pray, she was immediately calm and her anxiety went down. It decreased the intensity of her symptoms," Williams said.

Frank will pray with his patients only after they have mentioned God in their conversations. His calls his spiritual attempts non-denominational because he has prayed with Christians, Jews and Muslims.

"I practice patient-centered medicine and if I see a patient to whom God is important, I will encourage them to use God to heal," Frank said.

-Najah Farley

THE POWER OF TOUCH. Acupressure is a popular form of massage
Shakerite photo courtesy of Nikki Majorczyk

Alternative medicine

therapies appeal to yoursenses

NAJAH FARLEY
Centerpiece Editor

Poetry therapy, thought field therapy and aromatherapy are just some of the approaches for holistic healing.

One of the most popular approaches is **aromatherapy**. Contrary to popular belief, aromatherapy does not entail burning Bath and Body Works candles. Aromatherapist Cindy Petranic, creator of Angelica Aromas blends, explains that it is the use of essential oils for physical, emotional and spiritual well being.

She said aromatherapy can be used to treat anything from Alzheimers and Parkinson's disease to acne and headaches.

Traditional medicine has been long in recognizing alternative therapies, especially in the fields of psychology and social work. That is why **Thought Field Therapist** (TFT), Dr. Susan Wright, who taught on the West coast before taking a position at Case Western Reserve University, is determined to educate the public.

"New therapies come out here [to the Midwest] last because this is a very conservative area," she said.

How does TFT work? According to Wright the whole treatment is based on the way energy flows in the body. Through using the mind-body connection, Wright claims to be able to cure phobias in minutes.

Wright, a Shaker alumna, first learned about TFT on a flight to Salt Lake City.

"I thought to myself, 'This is crazy,' but during the conference some people gave workshops on it and asked who wanted to try. I said, 'Yes' and it worked," Wright said. "I went to the coast and I learned it. Now I'm a certified thought field therapist."

Wright explained that TFT treats phobias by tapping into certain meridians, lines in the body connected to specific organs.

Licensed **massage therapist** Kit Sawyer works with a variety of clients, some who have been victims of trauma and others who have been referred by their friends.

Sawyer practices two different types of massage – Swedish massage and acupressure, or shiatsu.

Swedish massage employs long, deep strokes. Acupressure, acupuncture and shiatsu are based on Chinese medicine – a system founded on a belief that all illnesses are caused by blocks in the Chi, the life force that flows through all humans.

"In acupressure and acupuncture, you apply pressure to or insert a pin within a certain meridian and release tension in the body," Sawyer said.

Sawyer became involved with massage therapy because of her interest in the mind-body connection.

"I have been practicing massage therapy for five years. I got started because I was interested in the connection between mind, body and spirit and its connection with health," Sawyer said.

Straight from the source . . .

BY LAURA CURTISS
Editor-in-Chief

Last May, I lackadaisically walked into an interesting store at Van Aken Center called Planet Source. It smelled of aromatheraputic air and looked like it would be a fun place to work. A few weeks later I had my first day on the job and I was in for a big surprise. The store not only sells aromatherapy essential oils and candles, but also a wide array of vitamins, minerals, herbs and other all-natural supplements. The big deal about buying these items at a specialty store such as Planet Source versus a drug store is that the stores usually carry all-natural products and offer more personalized attention from salespeople.

My job was only for about two months, and in that short time I learned what some of the products were used for, but not nearly close to half. That made me realize that the other people I was working with – full-time people in their twenties – really know what they're talking about. Most of my summer was spent at the cash register, behind the counter at the tea bar and doing other odd jobs around the store while the full-timers made orders and helped each customer requiring assistance.

HOLISTIC
HEALTH
IN A
CAN
EXTRAMENTAL
Shakerite artwork by Dan Moody

The whole time I worked there, one question plagued my mind. Is this entire "alternative medicines" concept a valid approach to healing and health or a bunch of hoopla? My answer was somewhere in between. I saw many people enter the store and drop hundreds of bucks on supplements to last them a few weeks. I figure that because so many people would come back to refill the items they bought, that even if these herbs and such hadn't been scientifically proven to heal, if they were making people feel better, then what the heck. I tried many of the products myself, with my employee discount and all. My best attempt to answer the question of whether this stuff is for real or not is to judge from my results:

Earthsource multivitamin– this vitamin had most of the FDA-recommended daily allowances for vitamins and minerals. It also contained amino acids and other important things that keep you healthy and functioning well. I liked the vitamin's effects – it had ginseng in it, which gave me an extra energy burst in the morning. The downside? A full dose of the vitamin was three huge pills. Eventually I just couldn't swallow those horse pills in the morning and stopped taking them.

Echinacea+Ester C- This herb is supposed to keep the sinuses healthy, the Ester C is a more potent version of vitamin C. I have been using the herb off and on all year (the directions say take it for six to eight weeks and then take a break for a few weeks). I didn't catch a cold or get any problems with my sinuses all winter. I see those results as something to be spoken for, but it might have ben the potent vitamin C more than the echinacea keeping me healthy.

Valerian- This herb, if taken a half hour to an hour before bedtime, is supposed to ease you into a restful sleep. This is the product I have been thrilled the most with. I continue to use it if I have trouble sleeping. It's reassuring that it's natural and not addictive.

Aromatherapy- I bought many aromatherapy candles at the store for myself and for friends. If you put one in front of my nose and told me it would relax me or held the same one under my nostrils and said it would give me energy it wouldn't make a difference. Buy the candles because they smell great, but I don't think they have any therapeutic function that can't be found in a normal candle.

Teas- A big part of the alternative medicine wave is to steep herbs in teas, instead of taking them in capsule form. I am a big fan of "Breathe Easy" and "Throat Coat" teas when I'm sick. I also think the other teas can serve a purpose to relax you or give you energy.

Alternative Opportunities

Where to go for holistic health info

❊ The Holistic Life Center
178 Solon Road Chagrin Falls
Provides activities including vegetarian potlucks and yoga workshops
For more info call: (440) 247-2622

❊ Healing House
11590 Chamberlain St. Aurora
Angelica Aromas aromatherapy products avilable
For more info call: (330) 995-2662

❊ Weber's
18400 Euclid Ave.
Sells various health food products
For more info call: 481-9544

❊ Planet Source
120195 Van Aken Blvd.
Sells all natural vitamins and herbs and features a tea/juice bar
For more info call: 751-3033

❊ Feel Rite
13107 Shaker Square
Sells books and a variety of health food products
For more info call: 561-6047

❊ Food Co-op
11702 Euclid Ave.
Sells organic foods and vitamins
For more info call: 791-3890

Shakerite Source: Humor Internet Post

The Top Five Signs Your Kids Have Been Watching Too Much Jerry Springer

1. Your youngest has stopped calling you "Mommy" in favor of "Crack-ho."
4. They have evolved from playing "Doctor" to "Plastic Surgeon Specializing in Male Enlargement."
3. Your son asks if anyone makes a DNA paternity test kit for Cabbage Patch Kids.
2. You've had to replace the babysitter with three burly stagehands.
1. Poor Ken just found out he hasn't been dating Barbie, but GI Joe in drag.

Springer v. Oprah: Former prostitute-frequenting mayor faces ex-overweight woman

BY NATE LEVIN
Staff Reporter

Over the years the 4 p.m. time slot has always been a coveted time for prime TV viewing by people of all ages.

Thundercats, *He-Man* and *Super Mario Brothers* all reigned supreme during this special time at some point throughout my childhood.

But as the years passed and my interests changed, I found a new four o'clock obsession. It's none other than *The Jerry Springer Show*.

Currently Springer rules as the number one show during both the 4-4:30 and 4:30-5 p.m. time slots.

Springer, a politician by trade, began his career as mayor of Cincinnati. He became the laughingstock of the country when it was discovered that he had paid a prostitute with a faulty personal check.

After much scrutiny, Springer gave opinion commentary on the local news in Cincinnati before launching a nationally syndicated television talk show.

After the show's first season, the topics drastically changed for the better. Episodes titled, "I Can't Get Along With My Parents," evolved into titles such as, "I'm a Teenage Hooker."

Springer's past shenanigans may very well be the special glue that ties his seemingly innocent persona to many of the shows controversial topics.

The show has endured harsh criticisms as the last few seasons have featured hundreds of fights, as well as adult-oriented topics including strippers and displays of sexual lust.

The show has been sued several times, but ultimately has gathered more fans than critics over its seven-year tenure.

I for one, am a huge fan of the show. Like many fans, I feel the crude acts displayed on the program are no more than lighhearted entertainment.

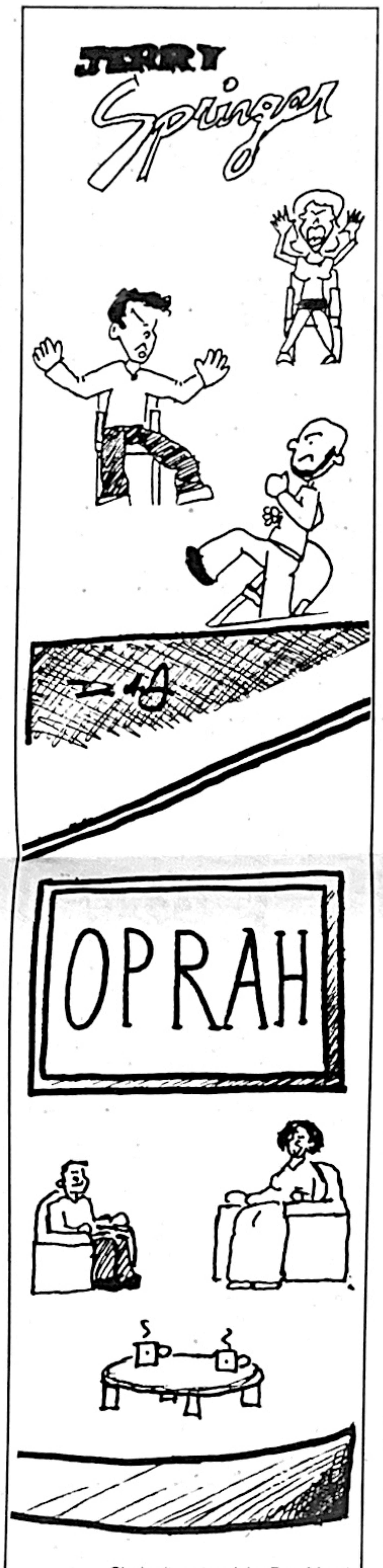
The ABC news magazine *20/20* recently reported that much of the show is fictional and actors portray the trashier people on the show – most are from rural areas and urban neighborhoods.

This fakeness only adds to my enjoyment of the show. Because most of it is made up, no guilt is attached to laughing at Duane's wife, Betty duking it out with his mistress, Kathy.

In Cleveland, the show airs at four o'clock on Channel three. Its main competitors are the over-exuberant *Rosie O'Donnell Show* and the corny women-based *Oprah*, featuring shows about "books" and "feelings."

Who actually enjoys that garbage? *Oprah* is nothing more than a show that belongs on the women's channel, Lifetime, surely not the same channel that airs *The Drew Carey Show*.

To those of you Springer-haters, I urge you to watch an episode and decide which is more entertaining: "I'm Having an Affair With My Dental Hygienist,"or "Books: Why I Like Them."



Shakerite artwork by Dan Moody

BY CAITLIN MASINI
Feature Editor

It's 4 p.m. You're home from school, you've got your snack and you're on the couch in front of the TV. You have an hour before quality shows such as *Saved By The Bell* start, so you have a choice to make: Oprah or Jerry?

Unfortunately society is leading us in a direction where Jerry is the preferred form of entertainment. Jerry Springer makes a mockery of the bizarre problems shared by people who need therapy, not publicity on national television.

His shows are not only overdramatized and violent, but they also do not represent the state of society as a whole. They will do little if anything to educate or improve life for viewers.

On the other hand, Oprah Winfrey dedicates her shows to helping guests handle problems faced by many people. She tries to correct their situations so they can lead better lives. Which is better programming? Oprah wins by a landslide.

Within a talk show format, Oprah has been able to maintain integrity, dignity and quality programming for the betterment of society instead of condoning and promoting its destruction.

She employs a mature, real perspective of the world when choosing topics and guests for shows. A recent show was about goals for the year 2000.

Her guests included a woman making a pledge to give up alcohol and drugs and regain the trust of her family. Another guest, who was bulimic, pledged to get help and overcome her disease by the millennium.

Though the main appeal of these programs is not completely directed toward teenagers, the problems faced by the guests, such as bulimia and drug addictions, can pertain to teenagers.

Having therapists, psychologists and psychiatrists on the show to give advice on these issues is helpful to all people, not only the guests on the show.

The best part about *Oprah* is that you can hear the whole thing. It isn't a series of, "you *bleep* because you shady *bleep* my man and *bleep*."

If the events and stories on Springer were all true, the show might be called entertaining.

Recently, however, former guests of the show have come on news shows such as *20/20* to say that Springer follows a script that dictates what will be said and who will start fights.

A made-up show attempting to pass off as reality is not quality entertainment.

Of all the positive aspects of Oprah, the most important is what she gives back to the community. She supports many charities as well as sponsoring some of her own.

These facets along with her outstanding, realistic programming are far above *The Jerry Springer Show*. Hey everybody, it's four o'clock and Oprah's on!

What's Goin' On?

☐ **Grand Funk Railroad**
–The Palace Theatre, April 30
☐ **Spring Ensemble Show**
–SHHS Large Aud., April 30-May 2
☐ **Brownie Mary**
–The Odeon, May 1
☐ **Soul Coughing**
–Oberlin College, May 1
☐ **Tribe 8**
–Euclid Tavern, May 2
☐ **Burning Spear**
–Peabody's DownUnder, May 2
☐ **Marc Cohn**
–The Odeon, May 3
☐ **Man Will Surrender**
–Grog Shop, May 3
☐ **Roomful of Blues**
–Wilbert's Bar & Grille, May 5
☐ **Fugazi**
–The Agora, May 5
☐ **Blessid Union of Souls**
–Peabody's DownUnder, May 6
☐ **Lisa Loeb**
–The Odeon, May 7
☐ **King Diamond**
–The Agora, May 8
☐ **The Clarks**
–Peabody's DownUnder, May 8
☐ **Twistin' Tarantulas**
–The Grog Shop, May 8
☐ **Crypt Kicker**
–Peabody's DownUnder, May 9
☐ **The Mullins Band**
–The Grog Shop, May 9
☐ **Diesel Boy**
–Euclid Tavern, May 10
☐ **The Dirty Three/Calexico**
–The Grog Shop, May 11
☐ **Insect**
–The Odeon, May 16
☐ **Mushroomhead**
–Peabody's DownUnder, May 16
☐ **Bone Thugs-N-Harmony**
–CSU Convocation Center, May 17
☐ **Shakescenes**
–SHHS Large Aud., May 17
☐ **Tommy Keene**
–The Grog Shop, May 17
☐ **Van Halen**
–The Odeon, May 17
☐ **Scott Weiland**
–The Agora, May 19
☐ **Suffocation**
–Peabody's DownUnder, May 21
☐ **Avail**
–Peabody's DownUnder, May 26
☐ **Jimmies Chicken Shack**
–The Odeon, May 26
☐ **The Insomniacs**
–The Grog Shop, May 27
☐ **Clint Black**
–Blossom Music Center, May 29
☐ **Sugar Magnolia**
–The Odeon, May 29
☐ **Beck & Ben Folds Five**
–Blossom Music Center, June 1
☐ **Stevie Nicks & Boz Skaggs**
–Blossom Music Center, June 2

☐ **Ticket information is available from Ticketmaster at 241-5555**

Springer or Oprah? Students decide who rules

➢ "I like Oprah because she focuses on the issues that are important in today's society instead of Jerry, who focuses on 'who slept with who' or 'surprise, I'm really a man.' That's trash."
-Danielle Best, senior

➢ "*Jerry Springer* is better than *Oprah* because of the fights. But, I think kids 11 and under shouldn't watch *Springer* because they are too young. They might want to go out and do something stupid because they see it on Jerry."
-Dominique Walker, freshman

➢ "*Springe*r is better because it's comical, but if you were a housewife *Oprah* would be better because it's more than people fighting."
-Andy Henoch, junior

➢ "I like *Jerry Springer* because it's raw. I like the violence because I know it's fake."
-Julian Stewart, junior

➢ "Jerry's just funny to watch even though he's garbage. But, Oprah deals with important issues that are not trash. I think they are incomparable."
-Joanna Henry, sophomore

➢ "I like *Jerry Springer* because of the stupid people who come on the show and humiliate themselves infront of the world. Even though Oprah talks about real things, she's still boring."
-Patrick Hicks, sophomore

➢ "I think it's really sad that people enjoy watching others make fools of themselves. It seems like they also need the reassurance to feel better about themselves. I think it's reflective of the person who watches these shows."
-Cat Zilka, senior

Standout Shaker students display musical talent

BY AMY COHEN
A&E Editor

"I've always wanted to sing and I've always wanted to be famous," senior Nick Croft said.

These dreams may soon turn into reality as Croft, along with 22-year-olds Antoine Brown and Phillip O'Rourke, are currently recording their first album, which is due out this summer.

The three vocalists make up the R & B trio Othello, whose origins occurred somewhat unexpectedly.

"Phillip was singing with individual artists under the same management company and I was singing with a girl," Croft said. "Then over this past summer Phillip and his friend, Antoine, asked me to start a singing group with them."

The group soon became known as Othello, taking their name and song lyrics from the Shakespearian play.

"In short, our music represents the relationship between Othello and Desdemona from the play *Othello*," Croft said. "Our songs are about all the love, hate and pain that the two characters display."

The group made a big career move when they fired their producer over winter break and hired new producer Edwin Nicholas, whose 15 years of experience would hopefully be beneficial to Othello.

Nicholas' expertise is what launched another big career move for the trio.

"We had the choice of doing a demo or an album with Edwin, so in January we started an album," Croft said. "Now we've recorded our sixth song of the album and we'll probably have 12-15 songs total and a couple of interludes."

The three vocalists sing an array of R & B and pop songs. Out of the six songs already recorded, four were written by the members of Othello and the other two by their producers.

The record is expected to be completed this summer, and it will be sold in Camelot and other national music stores.

Croft has high hopes and dreams for both Othello's future and his own.

"My hopes for Othello is to be very successful in the music industry," Croft said. "Also my goal is that by the year 2000 I want to receive a Grammy."

In the meantime, Croft will be keeping busy with his continuing education next fall.

"I'm entering college in the fall and I will be a full-time student, but I will also have a part-time tutor for when I need to go to the studio or perform," Croft said.

For the remainder of high school Croft will finish recording his album which will include two new songs of his own creation.

For these specific tracks Croft will be doing the singing, writing and engineering.

For Croft and Othello, fame may be just around the corner, however the talented trio is expected to find fame not only around the corner, but also around the country.

MUSIC MAN. Senior Nick Croft sings in the R & B trio, *Othello*.
Shakerite photo courtesy of the Gristmill

When senior Greg Morrison got started in his rapping career in 1984, he also got fed up with the expensive studio costs. Instead of paying the price, he and senior Jon Caldwell formed their own music production company, Ill-Type Studios Inc.

"I started buying my own equipment and a few months later, I met up with Jon," Morrison said. "Ever since then we've gotten equipment and started our own production."

For Caldwell, whose passion to be a producer was formed as a child, the opportunity to work with Greg on their own production company seemed ideal.

"We had a class together and we heard each other talking about studio production," Caldwell said. "I was happy to find someone who had the same interests that I have."

Both Caldwell and Morrison have had their share of struggles and obstacles.

"We've made a lot of sacrifices to get what we have now," Caldwell said. "We save our money for the studio just in case something breaks, or if we want to buy some new equipment."

Ill-Type has produced music for numerous Shaker graduates and current Shaker students.

Presently, junior Charles Myers is working with Ill-Type on his CD, *The Diamond in the Rough*, due out this summer.

"Working with Ill-Type has made me a more skilled rapper. It's something I like to do, it calms me down and helps me focus," Myers said. "It's a hobby, it's just fun and it's something I enjoy doing."

Junior rapper Todd Finley, another client of Ill-Type, is working with Morrison and Caldwell on demo tapes that will be sent to record companies looking for new talent.

"We all have our heads on straight. We all help each other, we feed off each other and we have contrasting attributes that when we put them together we form a strong bond," Finley said.

PROUD PRODUCERS. Seniors Greg Morrison and Jon Caldwell founded their own production company, Ill-Type Studios Inc.
Shakerite photo courtesy of Greg Morrison

According to Morrison, students enjoy working with Ill-Type because they know that the production company is honest, the prices are cheaper and the studio is incredibly efficient.

"An artist will come in with their lyrics. We sit them down for a session of three hours and make beats to fit their lyrics," Morrison said. "After they're done, if they have time left they practice rehearsing their lyrics to the beat. After they are familiar with their lyrics, we track their vocals."

Both Morrison and Caldwell specialize in certain aspects of the production process.

"I mainly do vocal recording and Greg mainly does musical recording," Caldwell said. "But we always work together."

The togetherness of Ill-Type Studios is a quality that makes the production company run and one that Finley finds to be an appealing attribute.

"I feel like Ill-Type is a family; a music family," Finley said. "If one of us makes it big, we'll all make it big."

Playas Club is located *Left of the Middle*

BY DAWN HUCKELBRIDGE
Staff Reporter

"Angst with sugar on it," is how *Time* magazine describes British singer Natalie Imbruglia's music.

She has been compared to singer Alanis Morisette, yet despite the criticism for creativity, her debut album, *Left of the Middle*, immediately hit the charts at number 10.

Imbruglia's music for the most part is easy on the ears. Even her songs of lament are relatively upbeat. Her hit single, "Torn," is catchy and easy to sing along with.

However, it seems that Imbruglia fades in too well with the rest of her genre of music, and so her work is often indistinguishable from the rest of the Lilith Fair gang.

It's also discouraging to know that Imbruglia didn't write or co-write the majority of her songs. If you're going to sing about angst, it should at least be your own.

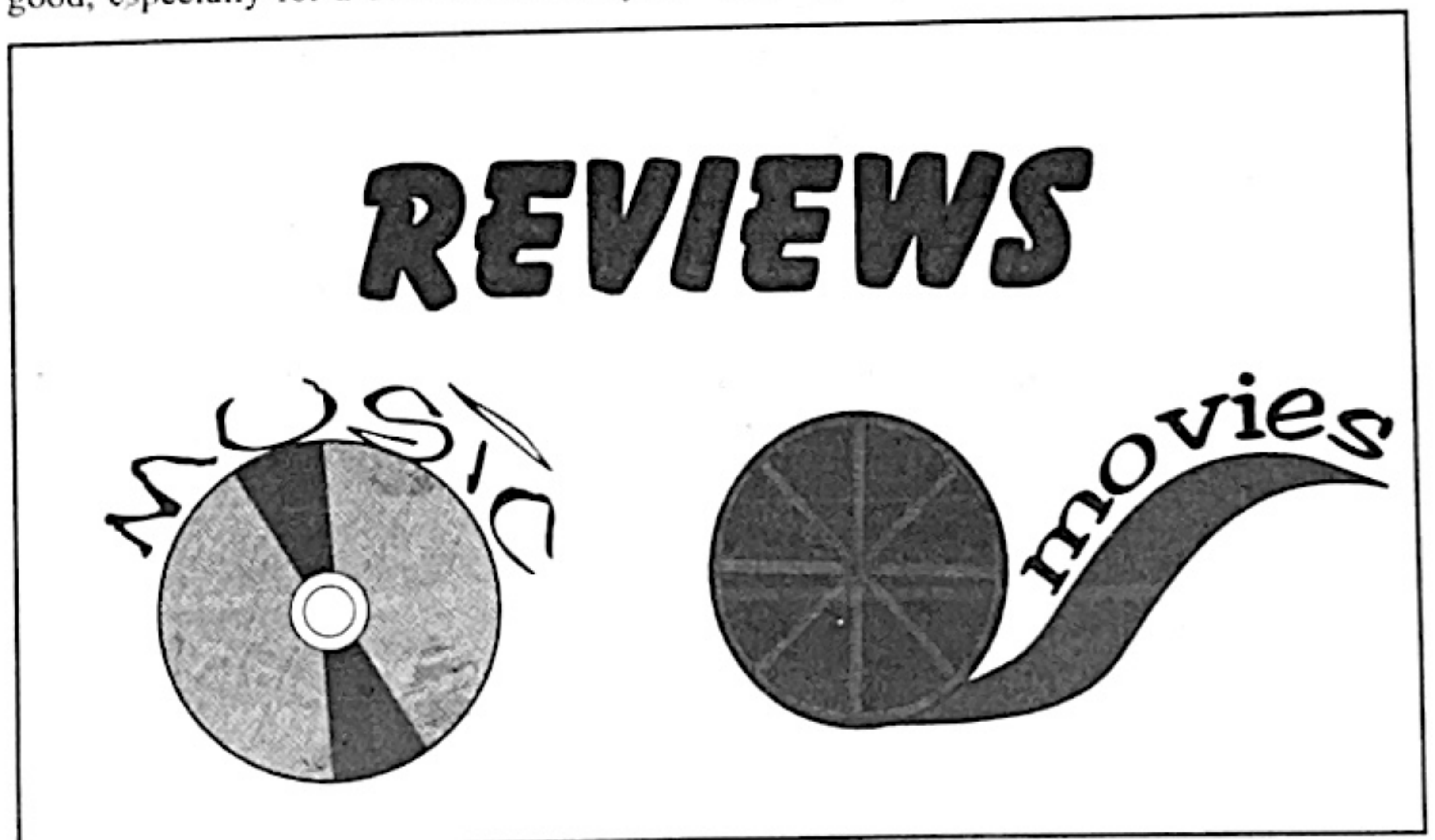
Although Imbruglia's music seems to lack originality, I give her credit for the unique instrumentation of her songs.

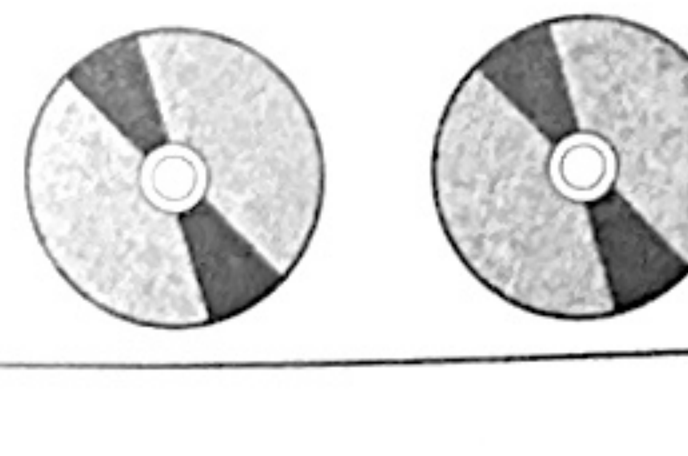
"Pigeons and Crumbs" has background music that reminds me of the sound effects from Sonic the Hedgehog. At least that's one thing you don't hear everyday.

"Leave Me Alone" has a jazzy, Henry Mancini sound from back in the '60s. It was one of the few songs that didn't remind me of Ani DiFranco or Meredith Brooks.

Overall, *Left of the Middle* is pretty good, especially for a debut album. If you hear Imbruglia's single on the radio (and it's inevitable that you will) I would advise you not to change it right away.

Nevertheless, Imbruglia has a tendency to grow on you. It's also intriguing how well she could pass for Fiona Apple with a haircut and a synthesizer.





two out of four

BY LAUREN DICKS
Staff Reporter

The infamous rapper, Ice Cube, made a daring career move by producing his first movie, *Playas Club*.

Playas Club is not only the first production for Ice Cube, but it is also the first film to feature African-American women exposing their bodies in the nude.

The movie focuses on the turmoil that strippers often encounter in their profession.

The main character, Diamond, played by Lisa Ray, is a young and beautiful woman who faces a dilemma in her troubled life.

Diamond decides to pay her way through college by stripping at a local men's hangout, The Playas Club.

While her job is for the sole purpose of making tuition for school, Diamond finds that working at The Playas Club isn't so easy.

She has to deal with being called derogatory names, encounters with numerous sexual assaults by a lesbian co-worker and the rape of her cousin who is also a dancer.

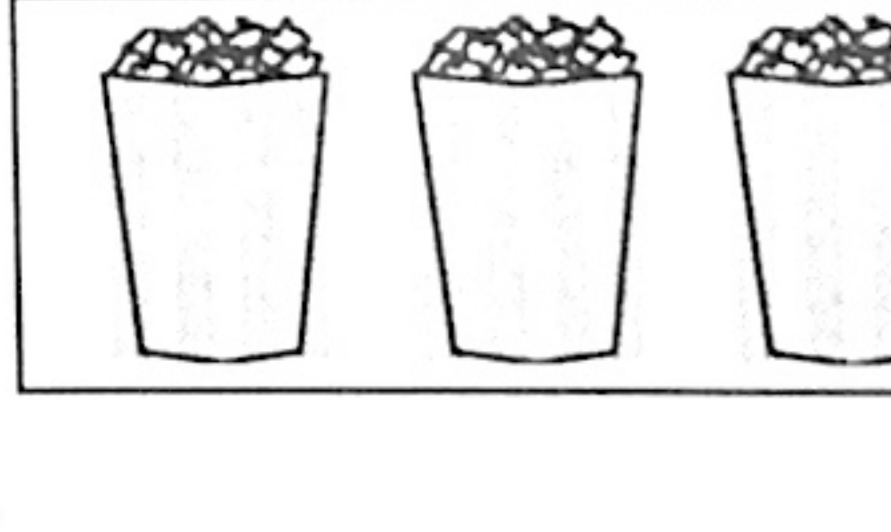
Playas Club is not the best of movies I've seen, but it proved to have some merit. It gives viewers a realistic look at the dangers of working at a strip club.

It also deals with other serious issues such as rape, money scams and sexual assaults.

Even though *Playas Club* faces many serious issues, Ice Cube manages to spice up the movie with a good mixture of humor and action.

Actor and comedian Bernie Mac is hilarious in his role as manager and owner of the Playas Club with his constant stream of jokes.

Overall, *Playas Club* is worth your money and time. The serious, humorous and informative screenplay can be enjoyed by all genders and races.



three out of four

Deep Thoughts by Jack Handey

~I can see why it would be prohibited to throw most things off the top of the Empire State Building, but what's wrong with little bits of cheese? They probably break down into their various gases before they even hit.

~Instead of having "answers" on a math test, they should just call them "impressions," and if you got a different "impression," so what, can't we all be brothers?

Shakerite source Deep Thoughts by Jack Handey

From his smoothly–shaven head to his multi–colored jeans Everything you ever wanted to know about Jon Bender

BY CAITLIN MASINI
Feature Editor

Standing about six feet tall, sporting a smoothly shaved head, wire-rimmed glasses and a goatee, English department head Jon Bender is easily spotted in the halls or his classroom. But who is this man of mystery? Does he live at school or is there more than meets the eye? Here is all you wanted to know and maybe a little bit more about the mystical English and Film as Art teacher.

Q. Why did you decide to become a teacher?

A. I thought I could make a difference with other people. I explored teaching and I liked what I saw.

Q. How long have you been teaching?

A. I've been at Shaker for 20 years.

Q. But how long have you been teaching?

A. I've been at Shaker for 20 years.

Q. Do you enjoy teaching only seniors?

A. Since I've been at Shaker I have taught all grades. I enjoy teaching the seniors because I think we connect well.

Q. How would you describe your teaching style?

A. It's not typical, but that's what I like. I hope that I give my students challenges and opportunities. Overall I'd bet the students would say they enjoyed that. I don't think that tests are the answer for everything.

Q. Are you married? Any kids?

A. Yes, but no kids. My wife is the art teacher at Onaway.

Q. How do you feel about being a "man of mystery?"

A. I've always been a private person. It's just the way I am.

Q. What are some things you like to do outside of school?

A. I really enjoy traveling.

Q. Where are your favorite places to travel?

A. I like California and the West. Just any area where it doesn't snow. I also like being by the ocean.

Q. What else do you like to do?

A. I like to go to films.

Q. What is your favorite movie?

A. There are probably two or three, but since you want only one it would have to be *Casablanca* because of the mystery that was a part of it. Today sometimes as the audience we see too much and know too much. I liked the romance and the theme of *Casablanca* and working with war.

Q. Worst movie?

A. Mainly the categories of comedies. Many are not well written. The writers are looking too much for a gimmick for the movies to make people laugh.

Q. How did you become the Film as Art teacher?

A. I've always had an interest in film and in my second year at the high school I had the opportunity to teach it and I have been ever since. I really enjoy it. I love all aspects of film.

Q. As the film teacher, are you able to just watch movies or do you find yourself constantly analyzing them?

A. I just try to sit back and relax and watch movies, but as my students tell me after they've taken my class, it is hard to ever *just* watch a movie again.

Q. What is your favorite book?

A. I like the *Short Stories* by Raymond Carver. I like American literature and a lot of Hemingway's novels.

Q. What kind of music do you listen to?

A. I like "real" rock 'n' roll, not the stuff that they call rock 'n' roll today. I like the Rolling Stones, Bruce Springsteen and The Beatles.

Q. Why do you only wear jeans? How many pairs do you own?

A. I love jeans. I choose to wear them. I have 15 to 20 pairs of them in black, brown, blue, and I had a green pair once. It is hard to find a variety in Cleveland. That's another thing about California, there's more jeans out there in a variety of colors.

Q. Do you own any ties?

A. Yes, I even have some film ties, including one of James Dean. I just haven't worn very many this year.

Q. How long have you been shaving your head and why do you do it?

A. I've had short hair for a long time and I've been shaving it for the past four or five years. I like the look.

Q. How often do you have to shave it?

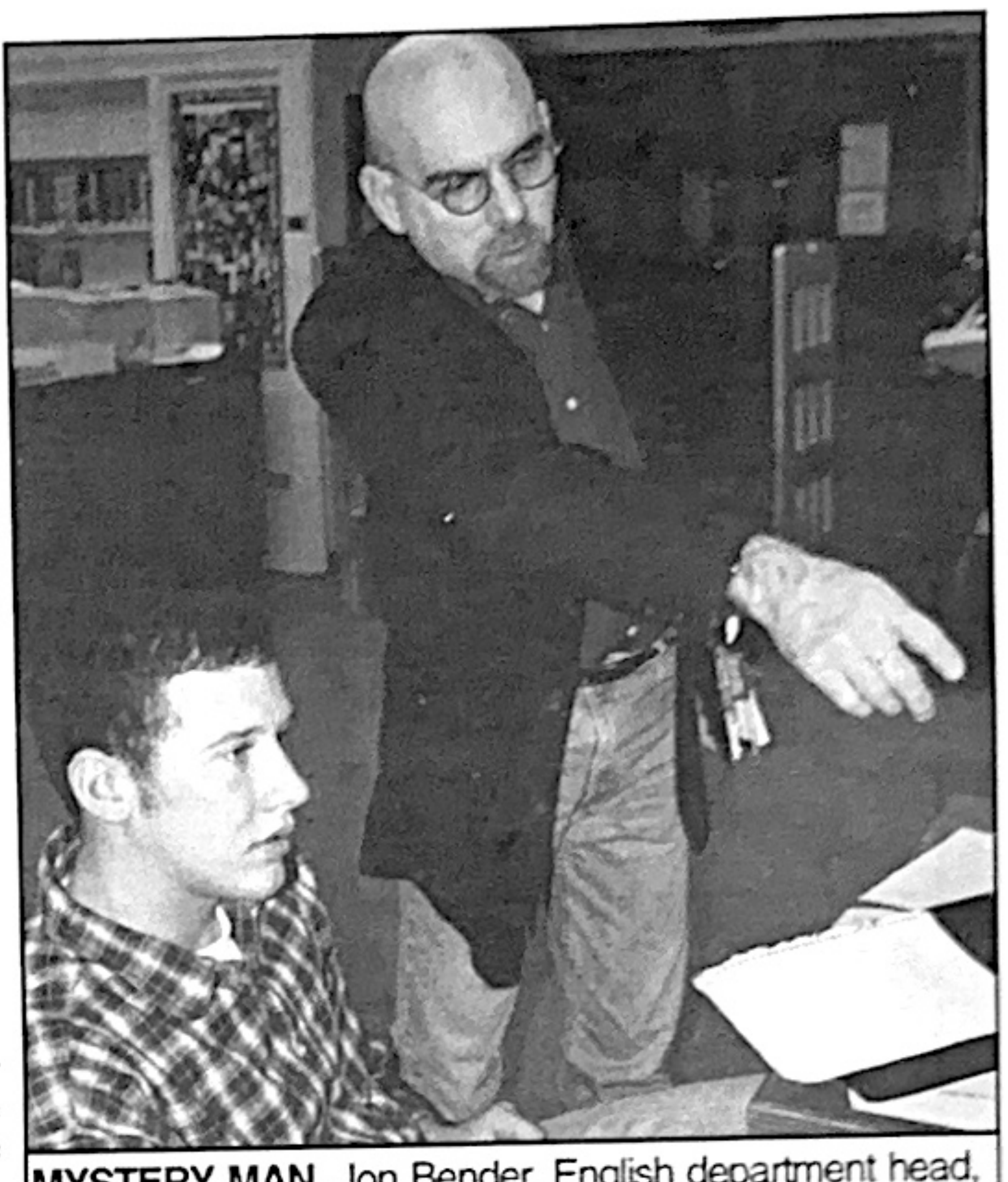
A. Everyday with an electric razor.

Q. Have you had any interesting jobs other than teaching?

A. I was a mailman one summer. It was different. It was interesting and I liked being outside. You just had to carry enough biscuits for the dogs. I used to carry the routes for the guys on vacation. One time I looked in a guy's bag and found a whole bunch of biscuits. When I was on the route I saw why. I think [the dogs] like the bag, but you just give them the biscuit and they'd leave you alone.

Q. Do you have any advice for students?

A. Everyone finds his or her own way in life. It is really important for people to be individuals. As a society we give too much advice.



MYSTERY MAN. Jon Bender, English department head, Film as Art teacher and man of mystery in the Shaker halls, assists a student working in the library.

Shakerite photo by David Distelhorst

Media and culture warp body image

BY NIKKI MAJORCZYK
Staff Reporter

Physical perfection: the goal women are expected to attain. But is the unhealthy look that models display truly ideal? Is the potential for developing an eating disorder a consequence to overlook?

"I think that people don't believe in themselves and that's where the root of the problem is," sophomore Stephanie Heaney said.

Women try everything from simple diets to plastic surgery. According to images frequently found in advertising and on TV, women should be approximately 5'8" with measurements 35–25–35.

Why do some women accept these ideals? There are beautiful, slim women everywhere from TV to runways to covers of magazines. Even the women on the covers of non-fashion magazines such as *Redbook* and *Good Housekeeping* have body proportions unreachable by all but a few women.

> ***"I've seen X-rays where bones look like honeycombs. The X-rays of young anorexics and those of 70–year–olds are very similar,"***
> ***-Pam Fanaritis, Georgetown University***

"If magazines are supposed to reflect their readers, then everyone should be perfect, because the models are perfect," junior Noemi Baffy said.

But 60 percent of Americans are overweight.

Women look at models and dream of looking like them. So what is their solution for obtaining that body? Ninety-four percent of women turn to some form of a diet. The other 6 percent fall victim to eating disorders such as anorexia or bulimia. Women comprise 95 percent of the eating disorder cases in the United States, excluding obesity.

Though skinny women are usually considered the most desirable, freshman Peter Ledford doesn't think the emaciated look is beautiful.

"Not only is a skeletal appearance unattractive, but I don't want [a girlfriend] who's always complaining about her weight," Ledford said.

Two common eating disorders associated with body image are anorexia nervosa and bulimia. Anorexia nervosa is a condition brought on by a prolonged absence of food, according to David S. Rue, M.D., of the Cleveland Clinic. Bulimia is a disorder, believed to be related to anorexia.

A recent *20/20* special examined the reasons behind eating disorders. Featured women said they were so disappointed with themselves that they wanted to melt into the ground. According to the show, women feel inadequate about themselves and the way they look. They think that the thinner they are, the better. The psychological aspect of eating disorders is complex. The thoughts of no self-worth that subconsciously cross an anorexic's or bulimic's mind may seem crazy or stupid to an observer, but are logical in the mind of a sufferer.

As an anorexic looks into the mirror, she sees herself as fat and ugly, even though she is in fact emaciated.

Symptoms of the diseases include depression, sexual disfunction, guilt, obsession, fear and frequent anxiety attacks. Those who suffer from eating disorders fear weight gain. In reality, the average measurements of an anorexic are 30-24-23. A person suffering from anorexia is, on average, 15 percent below ideal body weight, according to Rue.

"American society places far too much importance on image, and females are especially victimized by the media making them feel inadequate and insecure about their appearance," sophomore Ayana Hill said.

Not only can an eating disorder ruin a phase of your life, it can also end it. Five percent of eating disorder cases end in death from suicide, malnutrition or sudden death. Those who recover from the disorder still suffer long term consequences. The body becomes deprived of calcium, which it then steals from the bones. This can lead to severe osteoporosis, a disease in which the bones become brittle and break easily.

"I've seen X-rays where bones look like honeycombs. The X-rays of young anorexics and those of 70 year-olds are very similar," Pam Fanaritis, Georgetown University women's track coach said.

Long thought to be disorders that afflicted only white, middle-class females, the obsession with thinness is occurring more and more among African-Americans.

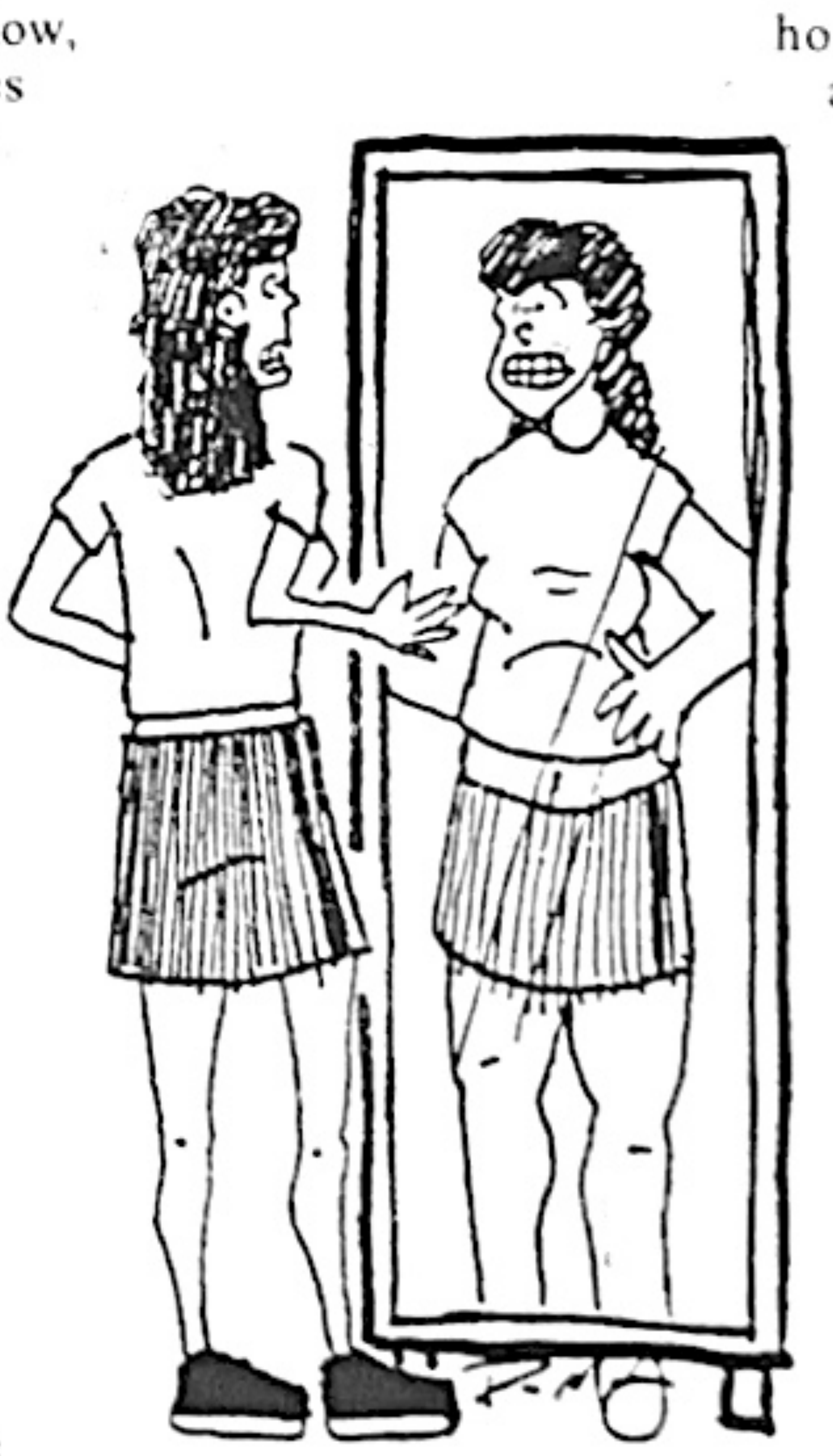
In the past few years, rising black models have shown black women a new face. The face of extreme slimness.

Models such as Tyra Banks and Naomi Campbell have shed new light and darkness on African-American females. The light has brought new hope and opportunities for blacks. The darkness that has been cast is that of new desires to be just as thin as the models.

Ellen F. Casper, director of The Eating Management Center in Lakewood, said the number of African-American anorexics is dramatically increasing by the year.

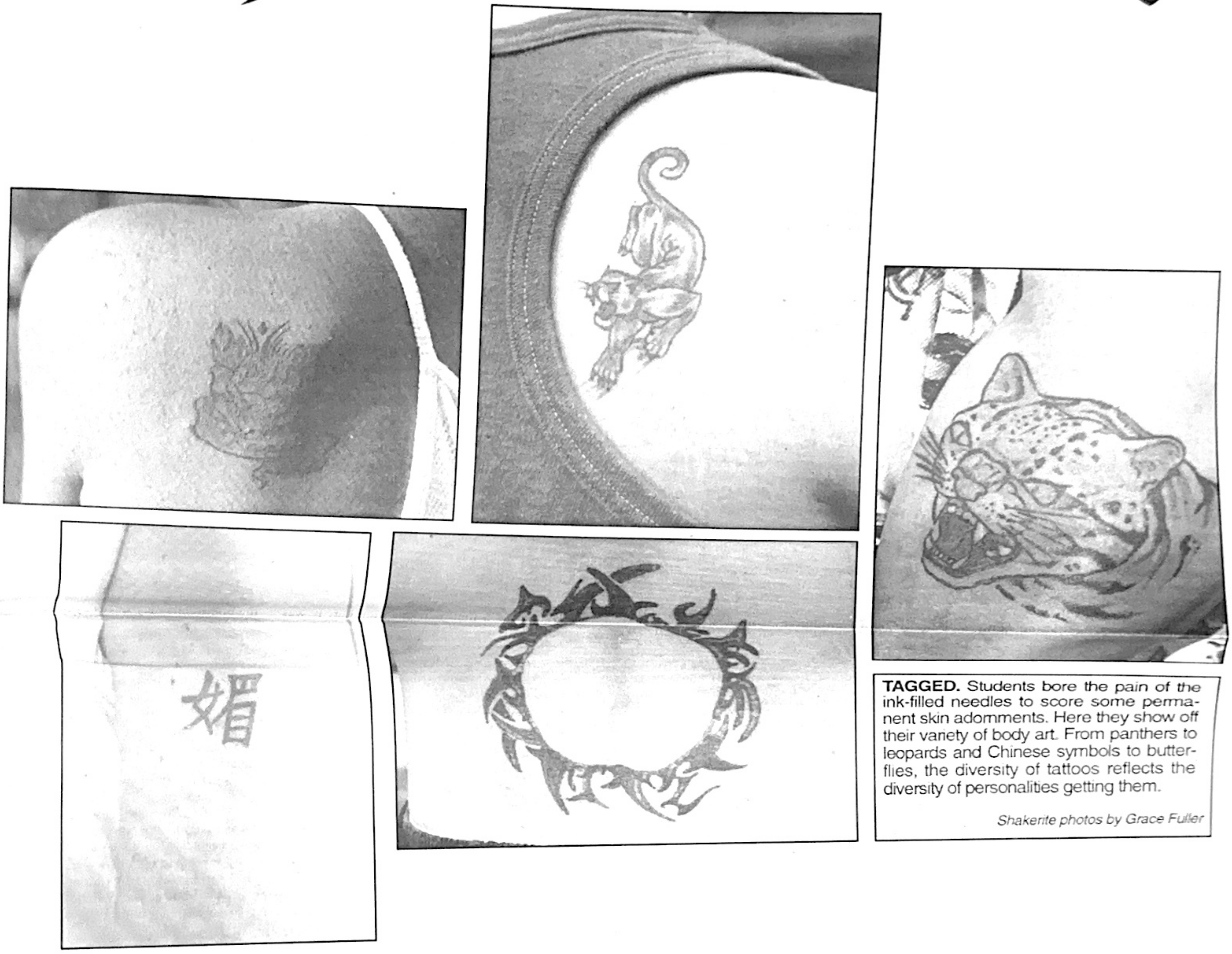
Though some teens are faced with the challenge to become thinner, others are not so easily affected by glamorous models and feelings of inadequacy.

"I don't feel pressured by the image that society imposes on women because I am comfortable with my body structure," senior Carolyn Richard said.



Shakerite artwork by Dan Moody

TATTOO YOU



TAGGED. Students bore the pain of the ink-filled needles to score some permanent skin adornments. Here they show off their variety of body art. From panthers to leopards and Chinese symbols to butterflies, the diversity of tattoos reflects the diversity of personalities getting them.

Shakerite photos by Grace Fuller

Students share body art endeavors

BY JESSE GRIFFITHS
Staff Reporter

Upon the arrival of spring warmth, sweaters are shed, pants become shorts, turtlenecks become tank tops – and tattoos are revealed.

High school students have caught on to the newest trend: tattoos.

According to G & G Tattoo, located in Willoughby, an average of four high school students per day venture in to get a tattoo. Because many parents do not approve of their children having tattoos, students' most popular choices are those that are small and easily concealed.

"I chose my tattoo because it was small and in a location where it could easily be covered up," sophomore Kim Venable said.

Students whose parents approve or who plan on getting one anyway need to be informed of the facts behind the process of getting a tattoo. For example, in order to get a tattoo you must have a driver's license or state or military ID proving you are 18. For teenagers under 18, the consent of a legal guardian is mandatory. Some teens said they feel the law protects younger, less mature kids from health hazards associated with tattoos, as well as from making a bad – and permanent – decision.

However, like many laws, some tattoo-hungry students fail to find the relevance in the age restrictions.

"It's your body, and you should be able to do with it what you want," sophomore Stacy Brown said.

Some Shaker students refuse to let the law mute their desire for body art.

"I'm 'bout to be 19, I don't give a darn," senior J.D. Boyle said.

These ever-lasting drawings tend to cost a pretty penny. A tattoo the size of a thumbnail can cost $15. As tattoo size and use of colors increase, so does the cost.

> **“*It's your body, and you should be able to do with it what you want.*”**
> ***-Stacy Brown***
> ***sophomore***

Aside from money and the law, the pain factor also dictates students' choices.

The degree of pain differs for each person who receives a tattoo. The location of the tattoo often also influences pain. The tender, delicate skin of the lower back, for example, will often sense a substantial amount of pain.

About six weeks ago, a female senior got a tattoo of a butterfly on her lower back.

"It was the most painful thing I've ever done in my life," she said.

On the other hand, the tougher skin of the upper back is home to fewer nerve endings, causing less sensitivity.

"I was scared it was going to hurt, but it felt like a rug-burn. The pain was bearable," Venable said.

She has had her tattoo for three years. When she was 14 and in the eighth grade, her older sister took her to a tattoo parlor, where Venable had a panther tattooed on her right shoulder blade.

"My parents didn't know about it until we went on vacation that summer," Venable said. "My mom saw it, and I told her it was fake."

According to Venable, her parents were not thrilled when they found out about the tattoo, but it did not precipitate a Venable family war.

Another worry about getting a tattoo is the long-term effect. Skin loosens with age, and a poorly placed tattoo can stretch beyond recognition.

"Students think tattoos look good now. Later they won't," sophomore Joni Czyzak said.

Many said they feel choosing which tattoo to get is a hard decision because of the long-term consequences. Those who do not want to make a regrettable decision tend to avoid the situation to begin with.

"I do not want to get a tattoo because I do not want to have to live with it for the rest of my life," senior Todd Dolinsky said.

Deep Thoughts by Jack Handey

~To me, boxing is like a ballet, except there's no music, no choreography, and the dancers hit each other

~If God dwells inside us, like some people say, I sure hope He likes enchiladas, because that's what He's getting!

~If you saw two guys names Hambone and Flippy, which one would you think likes dolphins the most? I'd say Flippy, wouldn't you? You'd be wrong thouh. It's Hambone

Shakerite source Deep Thoughts by Jack Handey

Commentary

Adam's guide to a Tribe fan's ultimate summer

Baseball season is upon us, and the hype of the Tribe is back in full effect. Unfortunately, my summer job at a camp in Wisconsin will limit the number of chances I have to get to games at the Jake. However, now that WTAM 1100 AM is carrying the broadcasts, Tribe fans in 38 states and half of Canada will be able to pick up games on clear nights. I've been fortunate enough to have gone to two games already, and while there is nothing like being at the games themselves, there are several ways to enjoy a baseball lover's summer if you cannot get through the turnstiles.

1. Mute the TV and tune in to Tom Hamilton on the radio. The new additons of Mike Heagan and Davey Nelson are far cries from the familiar, confused ramblings of Herb Score, but Heagan and Nelson seem to be enjoying themselves so much it's contagious, and Hamilton's voice, enthusiasm and knowledge are just awesome.

2. Find an extension cord and bring the TV outside, or at least to a porch. It's so relaxing sitting out in the warm air, and you can also spit or chew sunflower seeds. If you really want to live it up, combine the outside TV viewing with listening to Hamilton.

3. Keep score. This is only for the diehards, but if you can get your hands on a score book, it keeps you involved in the game, and it will make you feel like a true baseball junkie. Also, if you keep score of the majority of games throughout the season, you'll have a statistical history, chock-full of memories.

If you are dying to get inside the gate of the happiest place known to man, and you don't have any hook-ups, going down to the Jake and seeking out extra tickets is much easier and less expensive than most people think. If you have enough patience and assertiveness, paying face value is a realistic possibility. (Twice during a White Sox series in late summer of '94 when the Tribe was in the thick of the postseason hunt, my father and I did just that.)

Once inside the baseball utopia, it is nearly impossible not to have a great time (unless the Tribe gets shelled). However following some insider tips ought to enhance each visit to the Jake.

1. If your seats are anywhere near potential foul ball territory, bring a mitt. Some people might think it doesn't look cool, or it's a pain to carry around, but imagine the sensation of recieving an ovation from the crowd when you snag a line drive off the bat of David Justice. Besides, fans unarmed with mitts subject themselves to the potential of a humiliating, injury-causing drop of a foul ball. Then you might get booed and never be let back to another game. If you are going to drop a foul ball, make certain it is not from the upper deck to the lower deck. People who do that not only ruin their own chance for glory, but they sell out their entire level and are sure to be booed.

2. Watch Omar Vizquel intently during infield warm-ups and when the ball is thrown around the horn. He does things with the ball that defy imagination. His between-inning antics are far more entertaining than any halftime show at a basketball or football game (except the guys who do flips, wearing skis, on the trampoline).

3. Choreograph dance routines with your friends so you can get on the Jumbotron. Once on the big screen, don't get carried away and start stripping or making obscene gestures because then you'll lose your chance in the spotlight, and you might even get kicked out.

4. Seek out Senior Aaron "hot dogs" Galvin and buy all your frankfurters from him. He deals the best dogs in the majors. If traditional ballgame food is not what your looking for, check out the Mexican stand outside section 156. Their soft tacos and chicken enchilladas are both inexpensive and delicious. Also, if you want the best value, buy the biggest size drink and nurse it for the whole game, then bring the cup home as a souvenir.

5. Sit in the left field bleachers if at all possible. The atmosphere is one of unparalleled care-free happiness. If you are sitting in the bleachers, make your way up to the top row, under the "e" in the Budweiser sign, and tell John Adams, the guy with the drum, that he is a great man.

6. Never, ever boo anyone on the Tribe. No matter how terribly they are playing it is positively unacceptable to boo the players on your home team. Not only is it classless, but half the idiots who boo when Jose Mesa blows a two-run lead in the seventh give him a standing ovation when he strikes someone out to preserve the lead in the eighth. Fans who boo are superior only to fans who leave games early. An emergency is an emergency, but a four-run deficit in the bottom of the ninth does not justify an early departure. Fans who leave games early, especially when the Tribe is losing, should be banned from coming back to the stadium, or at least nobody should give them high fives when they stay for one game when the Tribe comes from behind to win.

Well, that just about wraps up my guide to maxizing your enjoyment of Indians baseball this summer. I hope my tips are helpful to many. If anybody ever wants to see how I deploy these techniques firsthand, I'd probably be willing to let them take me to a game, and maybe let them in my backyard. Enjoy the season.

– Adam Cole-Kelly

Baseball team comes out swinging

BY ADAM LAZARUS
Staff Reporter

As expected Bud Longo's Raiders have gotten off to the start they need to propel themselves to a post season run.

"We're off to a great start for what we're trying to accomplish as a team," Longo said, referring to the teams' goals of a long postseason.

Huge home victories over perennial LEL contenders Garfield Heights and Normandy have given the Raiders added confidence for the remainder of the season.

"The Garfield game meant a lot for the entire team. We got pumped up and came out banging," said senior designated hitter/infielder Duane Cox, who leads the team with a .412 (8-19) batting average.

KICKIN' UP DUST – Junior slugger, right-fielder Charles Watson slides home safely to extend Shaker's lead over Garfield Heights in a recent home game. The Raiders romped over the Bulldogs 14-2.

Shakerite photo by David Distelhorst

"Our offense has been excellent and our entire pitching staff has been outstanding," Longo said.

Andrew Earley, Mike McGaughey, Jason St. Onge, Ben Pamies and Brian Mitchell (all seniors) have compiled a team earned run average of 2.01 over the first 11 games.

Earley, one of the top pitchers in the state of Ohio is leading the way for the Raiders with a 5-0 record, 47 strikeouts, and a 2.97 ERA.

"We're off to the perfect start. Our offense can hang with any team in the state and our pitching staff has been terrific," Earley said.

Senior Mike McGaughey has the lowest ERA on the team, 1.55, and is right behind Earley in the rest of the pitching categories with a 3-0 record and 24 strikeouts. He also managed to throw a no hitter in Florida, rightfully gaining his nickname of "No-No."

Senior Jason St. Onge has stepped up big once again for the Raiders this year. Still undefeated in his high school career, St. Onge is 2-0 with three saves. Second behind McGaughey for the team ERA at 1.61, St. Onge has been just as big of a key to the teams success as his two counterparts.

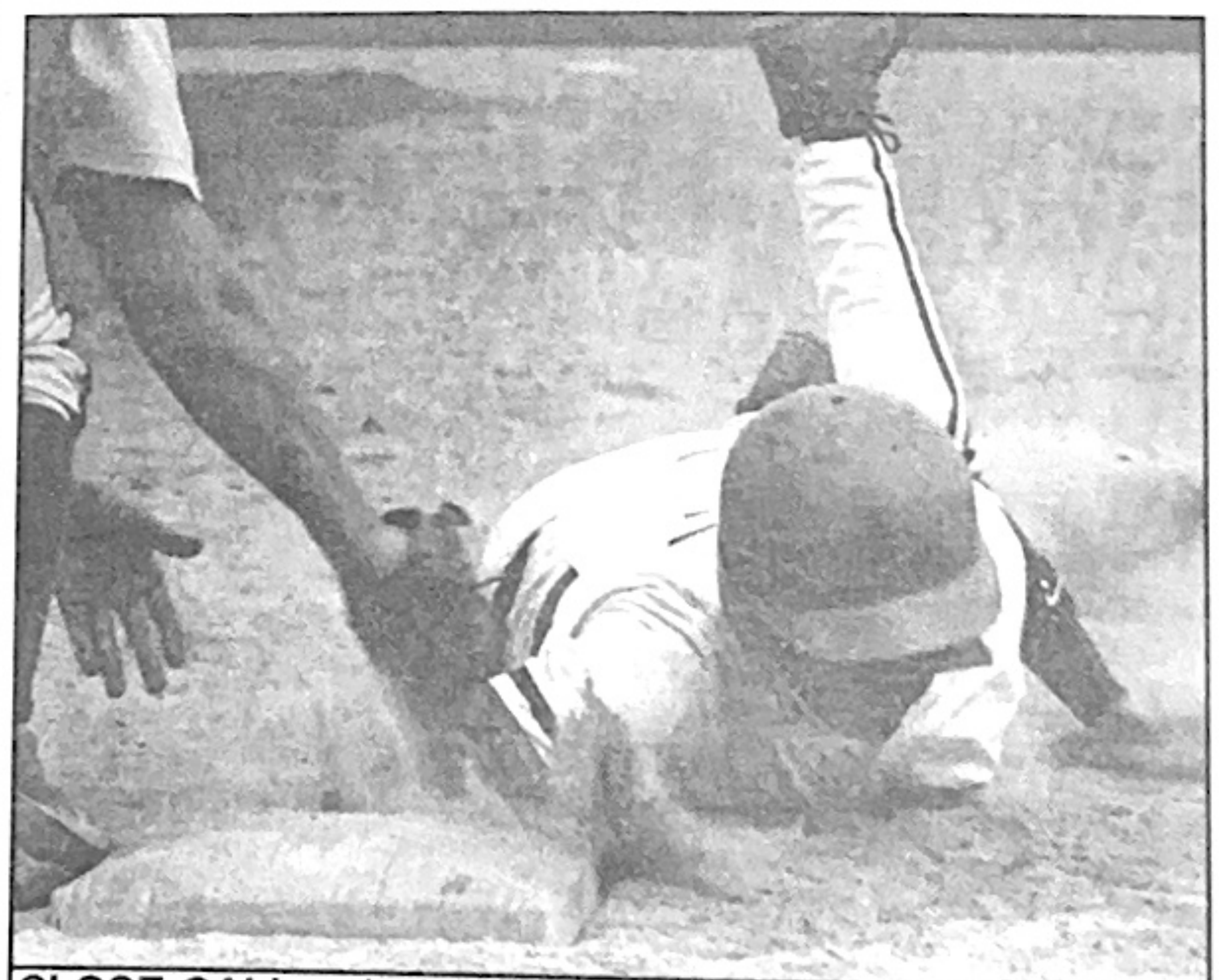
The infield has been anchored by seniors Jed Wolpaw, Nate Fish, Geoff Dietrich, St. Onge and Cox, who have brought vital experience to the team.

Juniors Donnell Boyer (.412, 14 for 34) and Charles Watson (.406, 13 for 32) have sparked the Raider offense. Hitting over .400 for the season and leading the team in home runs and RBI, they have led a Raiders scoring attack that is batting .327 overall. In addition the two comprise one of the greatest defensive outfields in the state. Boasting strong arms and great range, they hold their own in the field.

Junior catcher Scott Graham (.400, 12 for 30) is adding firepower to the already potent Shaker lineup. Providing a huge homerun to tie the score against Normandy in the sixth inning and propel the team to a three-run victory, Graham's offensive prowess has been noticed.

Graham has also played more than solid ball behind the plate. Successfully throwing out two runners in Florida, Graham showed a preview of what was to come and has continued his defensive play at home.

"We've played well together as a team but we still need to keep hitting and give our pitchers run support," said Watson, whose grand slam against Benedictine pushed the team's record to 7-1.



CLOSE CALL – Junior center-fielder Donnell Boyer narrowly escapes a pickoff attempt versus Garfield Heights

Shakerite photo by David Distelhorst

After winning their first six games of the season, the Raiders were shocked by a struggling but talented Euclid Tigers team.

"It was a big disappointment for sure, but it did some good for us. It gave us some incentive to work a lot harder, with more intensity," Early said.

Since the loss, the Raiders seem to have found their groove once again. They have won five straight, including their first three league games.

The squad has already proved it is capable of dominating quality opponents (Garfield) as well as overcoming unexpected hardships (loss to Euclid, Early's back injury). Both important stepping stones for postseason success.

Raider Radar's final insult

by Adam Cole-Kelly & Tommy Gelehrter

The moment that you've all been waiting for...our final shout outs

POOPIE'S GROUPIES - Sunil "The down under wonder" D'Souza, Seiji "One time" Watanabe, David "Dukie" Guinn, Melissa "Mimi" Williams, Eric "The business man" Bahna, Sarah Kramer and Ali Keenan have become regulars at varsity baseball games this spring. In honor of senior pitcher Jason "Poopie" St. Onge the crew has given themselves the name Poopie's Groupies. D'Souza said within the month he hopes to be selling Poopie's Groupies hats and T-shirts. You can place orders now by calling him at 1-800- GO MAGIC.

GIMME A MINUTE - During a men's lacrosse game at Western Reserve Academy last month senior phenom Carl "Truth" Ewing angered his coach by reporting late to the huddle after crawling around on the field during a timeout. Little did the coach know Ewing was searching for his tooth which had been knocked out moments earlier. Ewing finally found the tooth but opted to continue playing and score the game-winning goal rather than go have the tooth replaced.

GET OFF ME PUNK! - Senior shortstop Nate "Omar" Fish was the victim of mounting tension during a game at Mayfield last month. Fish was ejected after forcefully removing the Mayfield catcher who pinned Fish down after he slid into home. Tempers had been flaring throughout the game. Mayfield's catcher taunted several Raiders, especially junior centerfielder Donnel "Hollywood" Boyer. He redeemed himself after two strikeouts by hitting a colossal homer. Boyer celebrated all the way around the bases by shouting and then saluting the Mayfield bench as he rounded third.

YOUTH RULES - Despite the best efforts of Sedric Toney, the Str8 Souljaz continued their winning ways from the MAC tournament and defeated the staff "All-Stars" 38-31 earlier this week. The quickness and athleticism of the squad proved too much for the fogies. Several pro scouts on hand took notice of Toney's performance, a 10-day contract could be in his near future . . . psyche!

DEEP SLEEPER - Senior lacrosse player Kristen "Critter" Collins made teammates suffer through nearly an hour out in the early morning cold when she overslept before an early morning team meeting. Critter slept through an onslaught of rocks, sticks, and other objects thrown at her window. Teammates finally got into her house when her sister came home. They then woke the heavy sleeper only after shaking her violently

CLOSING THE RUMOR MILL - Dispelling all the rumors this month will be a little tougher as we have to take the rest of the school year and summer into account, we'll try our best. Junior doubles tandem Seth "Ses" Chokel and Ben "The perculator" Madorsky are not going to be inserted into the first doubles slot for the state team tournament. Apparently tennis coach Al Slawson wants the team to be challenged. Senior Tae Kwon Do students Carrie Lewine and David Hauser are not going to be the first mixed doubles entrants into the 2000 Olympic games. However, they still plan on training extensively together. Former senior tennis stud Jim Robenalt's admission to Cornell University wasn't rescinded despite his falsifying documents in an effort to convince the school that he was an all-state high school quarterback, and ultimately being granted an athletic scholarship. Jimbo will still attend Cornell next fall, but will be required to stay in his dorm room alone for 18 hours a day. Our final rumor, may be true . . . 11 spots in the high school Hall of Fame have been reserved for members of the class of 1998.

WE MUST CONFESS - As we embark on the final Raider Radar entry *ever*, we promised ourselves we wouldn't cry, but then again, we also promised never again to mention Vince. We probably owe the readers an apology for our unprofessional use of our positions to give shout outs to our friends and print inside jokes. But really now, how many of you wouldn't have done the same thing? Snoochie boochies Shaker noochies!

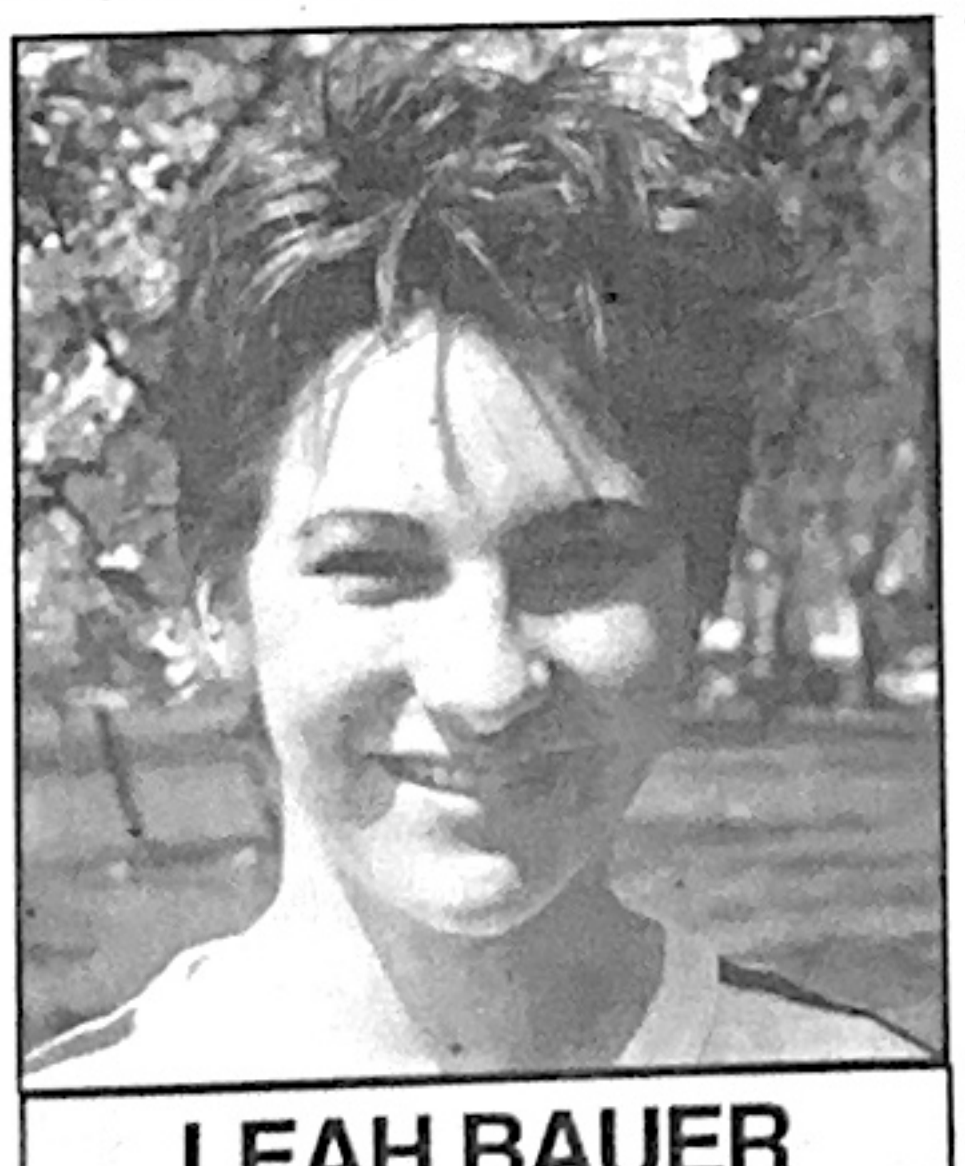
Raiders of the Month

BY JENNY HEISLER
Staff Reporter

Combining dedication, athleticism, and incredible leadership, Leah Bauer has steadily grown into one of the most dominating pitchers in the Lake Erie League.

"She has an outlook and attitude that is absolutely focused on what she's doing," softball coach Marty Ribar said.

Absolutely focused is putting it lightly. Leah unexpectedly came down with appendicitis in late December, but a mere two weeks after her surgery she jumped back on her feet, working to get her right arm in tip-top shape for this season. She works year round to help defend their current LEL title.



LEAH BAUER
Shakerite photo by David Distelhorst

Leah is also very intelligent and supportive on the field. She takes the blame when something goes wrong, keeps her head in the game and always works to get the team back on track.

"She never lets [the team] put their heads down," Ribar said. "Leah really encourages her teammates."

Her earned run average is near two and she averages about a strikeout per inning. Along with a good ERA, it's also important to have good fielding skills.

"She's an all-around good player," co-captain teammate and first baseman Lauren Gentile said.

Leah made varsity as a sophomore, but has played softball her whole life.

"It's always been my favorite sport," Bauer said.

Her team, as she puts it, has been together forever, and has a great bond that unites them on and off the diamond.

"I love everyone on the team," Bauer said.

The affection on the team has led teammates to have given Bauer a nickname. With her short, spiky red hair and Indians shirt torn at the sleeves, she resembles a carefree character from a major motion picture.

"We compare her to Wild Thing from *Major League*," Gentile said.

Like Wild Thing, when Leah plays well, she brings the team together. That same spunk and humor is found in Leah and adds togetherness to the squad.

The team's goal is to at least win the LEL. So far, the team is shooting in that direction.

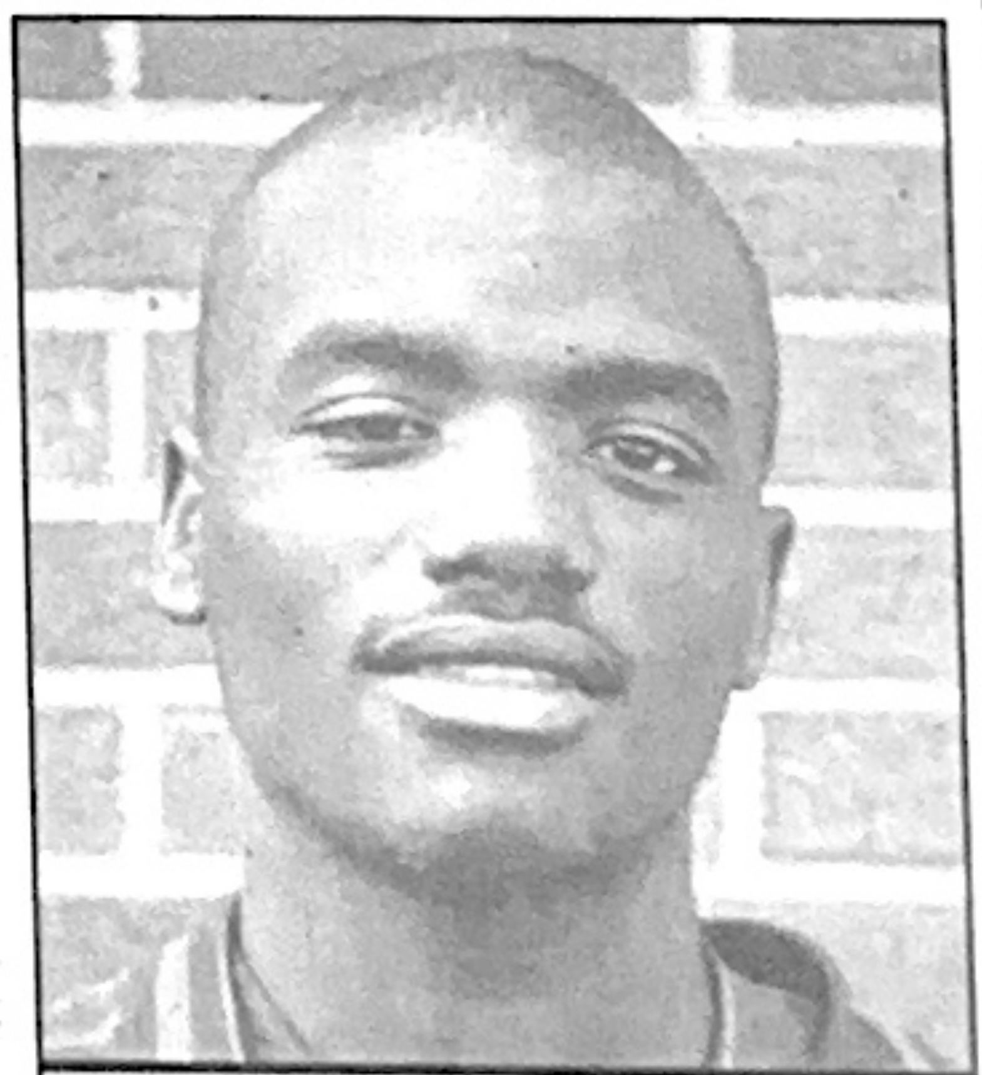
"We have an excellent chance," Ribar said. "Leah will be a big part of that."

BY DANNY GEORGE
Staff Reporter

The Shaker baseball squad is looking a lot like the Cleveland Indians these days, according to head coach Bud Longo.

"Donnell Boyer is like our team's Kenny Lofton. He's fast, steals bases, and he is a very important part of our team," Longo of his team's stellar speedster.

Boyer, one of the top centerfielders and leadoff men in Northeast Ohio has propelled his team to a 8-1 start and is turning heads with his outstanding play.



DONNELL BOYER
Shakerite photo by David Distelhorst

His .458 batting average, coupled with four stolen bases and flawless defense make Boyer an all-around threat at any given time.

"Donnel keeps this team in check and gets us all fired up," senior pitcher Ben Pamies said.

"He's got the best range I've ever seen. He's one of the best in the state," Pamies said.

With all his success, compliments and bloated numbers, Boyer has managed to keep a humble presence.

"I mean, it's an honor to be getting all these compliments and to be compared with Kenny. But I feel that I am my own player," Boyer said, who, coincidentally, wears the same #7 as Lofton.

Boyer, runs a 4.4 40 and has made a living of making area pitchers' lives living nightmares.

By prowling and dancing around on the bases and getting inside the pitcher's head, Boyer has opened up windows of oppurtunity for his teammates.

"Donnell helps us get more walks when he gets on base. He distracts the pitcher and the kid starts throwing balls. He's a real asset to this team," Longo said.

Boyer plays baseball with the mentality of never leaving the field of play in a clean uniform.

His diving catches in the outfield and patented head-first slides into second have become his trademark.

Boyer's enthusiasm and energy on the field will be instrumental to how far the team goes this season.

Boyer's abilities have earned interest from several major colleges as well as prestigious summer league teams.

RED RAIDER WRAP-UP

Men's Lacrosse

- 5-1 (.833)
- Big game Saturday versus Wellington
- Led by states two top scorers Richie Duchon and Carl Ewing

Women's Lacrosse

- 8-0 (1.000)
- Sectional play begins May 4
- Host rival Cleveland Heights May 9, Spring Sports Day

Combined Raider Record:

41-9
(.820)

Records accurate as of 4/28/98

Men's Track

- 2-0 (1.000)
- Orange relays Saturday
- Dual meet Tuesday at home versus Warrensville

Women's Track

- 3-0 (1.000)
- Austin-Town Fitch Optimist Relays Saturday
- Host Warrensville on Tuesday

Baseball

- 11-1 (.916)
- Crucial league game tomorrow at Valley Forge
- Dynamic pitching staff featured on Channel 5 News

Softball

- 3-6 (.333)
- Undefeated (3-0) in Erie Division
- Play Garfield Heights May 6 for birth in district play

Men's Tennis

- 9-1 (.900)
- Suffered only loss 3-2 to Worthington
- Huge match May 9, Spring Sports Day, versus area powerhouse Canton Central Catholic

There's only one place
you can find all these names.

Tommy Hilfiger, DKNY,
Fubu, Mecca, Enyce,
Phat Farm, Polo Jeans,
Timberland, Lugz,
Ecko, and now music.

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